

THE MICRO WORKOUT THAT BLASTS STRESS & FAT

INSIDE THE ORGASM CLUB

MEET THE CAREER
WOMEN PAYING
FOR SEX...

By Helen Lewis

EXCLUSIVE!

Naomie Harris

THE LIFE AND LOVES OF A BOND GIRL

Underneath it all she wears

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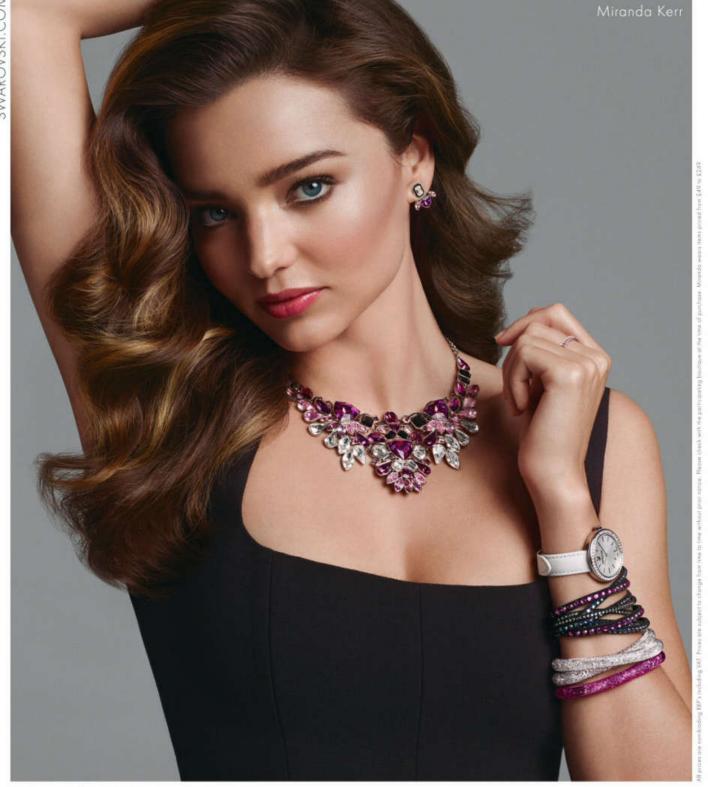


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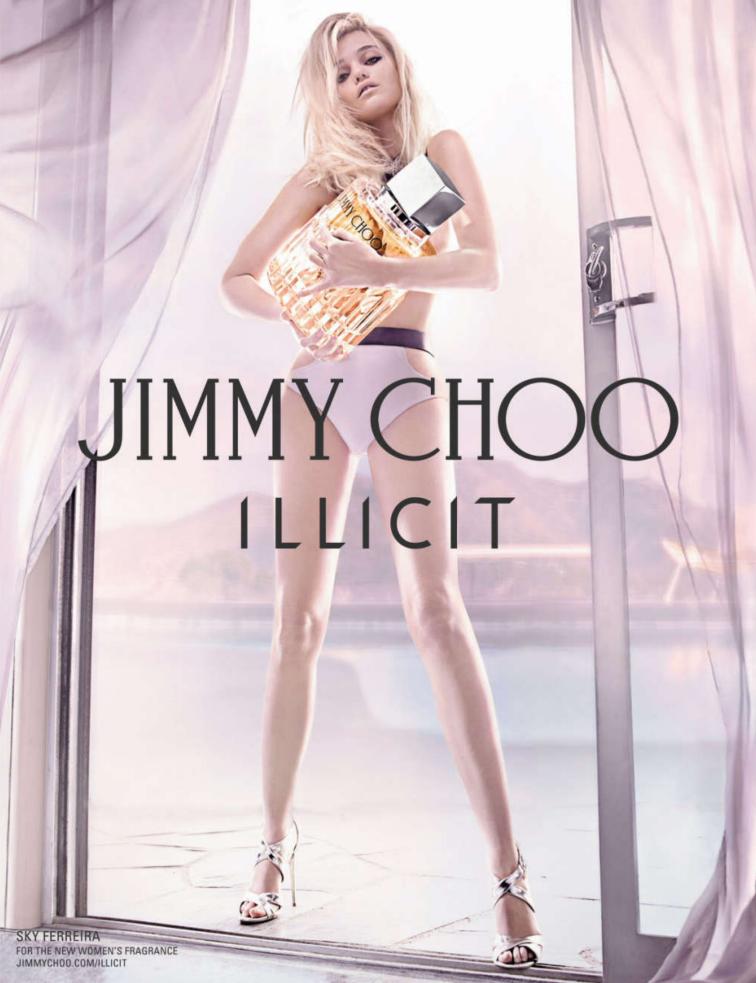
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SALONISTM

### DIMENSIONAL COLOUR THAT RIVALS THE SALON

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101 Reasons Drake Should Call Me



An Accidental One Direction Fan Girl



There's No Such Thing As Bossiness. I Simply Have Better Ideas (I'll Share)



Pizzas I Have Known

All The Bars I've Been

To While My Friends

Were Having Kids

Nobody Laughed At My Jokes

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### While we made this issue... ABOVE: There's nothing like standing next to a Hollywood actress after a 10-hour flight to boost your confidence... A new addition

to my office. Is somebody trying to tell me something?

### FROM THE EDITOR

I have a confession to make. I have had Botox. Not in the crevasses high above my eyebrows or in the skinny little rivulets that run either side of my mouth. No, I've had it in my armpits. I was 28 at the time and uprooting my life to Sydney, Australia, to work on a glossy fashion magazine. Panicked by the potential collision of the Australian heat and a wardrobe full of dry-clean-only clothes, my limited thought process went something like this: Bo... tox. Botox? Botox! Yes, Botox.

> (And this, dear friends, is the moment you have full licence to shake your head).

Besides the fact that it stung like crazy (and the blood... no one tells you about the blood), it didn't work. I'd had hopes of Kalahari-dry underarms for at least a year. And I did. But I also sweated from just about everywhere else. I had clammy hands, damp feet and oh, god, I'll never forget the mortifying time when I interviewed a famous fashion designer, only to go to the ladies afterwards and find that the little adjoin between my nose and top lip was covered in a slick of glistening sweat. Now that's professional...

You'll be glad to know that eight years later, my internal plumbing is back to normal. What isn't, however, is the number of ever-younger women turning to botulinum toxin. In our brilliant report, The Baby Botox Club (p158), our preternaturally youthful-looking Features Writer Harriet Thurley went undercover to investigate why and, more crucially, exactly what happens to your face if you take the plunge too early. (Spoiler: it's not pretty.)

And if that's all a bit too much, don't worry, we've backloaded the issue with a crazy amount of wearable fashion, totally doable beauty looks and, as always, reads you'll be talking about long after you've closed these pages. Enjoy!

\* Follow me on Twitter @Farrah\_Storr and Instagram @farrahstorr







# IF IT'S HOT AND HAPPENING, IT'S IN HERE...







### **LIKE THINGS EGGS-ACT?**

Ever felt strangely calmed by the flawless swirl of a freshly opened face cream, or blissed-out when you fill up your car with petrol to an exact amount? The hive mind of the internet has termed moments like these 'oddly satisfying', and now leading Harley Street psychologist Dr Rebecca Spelman can tell us why. "The brain is attracted to symmetry, as it frees the mind from having to process extra information," she explains. "The unlikelihood of seeing items fit neatly together, such as a bookshelf without any gaps, also adds to our appreciation." Check out the Tumblr, Things Fitting Perfectly Into Other Things - or on the flipside, if you're a bit of a masochist, Google 'perfectionist's nightmare'. Because we're proud to admit slices of cheese that fit their crackers perfectly leave us weak at the knees.







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\*Based on mass market facial moisturiser and cleanser value sales for the past 12 months ending December 2014.
\*\*Skin surface renewal is accelerated based on surface cell aufoliation.



YOUR BEST BEAUTIFUL"





### 'Making new friends is hard -whatever age you are

When you're far away from home, every day can feel like the first day of school, says JAMEELA JAMIL

've been living in LA for five months now, having spent the previous 25 years of my life in London. London was all I really knew - and so, desperate to see more of the world, last year I booked an open return ticket to LA. But amid all the excitement, there was just one small thing I forgot to take into account when I packed my bags and moved 5,000 miles away: the god-almighty power of loneliness.

I'm talking about the 'Oh, fuck' realisation when you need someone to talk to and everyone you love is 11 hours away - and you can't even phone them because they're asleep. Those times when you're feeling afraid, or when you've had the worst Tinder date ever - say, one that ended in him lying on your floor with broken teeth and a split chin having had a seizure because he's had a bad reaction to the Viagra he secretly took. (Yes, this actually happened.)

There I was, in an ambulance with a man I barely knew, desperately needing to be held and reassured (me, not him). What do you do? How do you comfort yourself? In moments like that, doughnuts can only do so much to fill the void.

You'd think the pressure to set out and make new friends is easier to handle when you're a grown-up. But no, it's that first-day-of-school feeling all over again. Social anxiety central.

It's especially difficult when you've arrived somewhere new and the isolation you're feeling is at its peak. Back home, you've got an established circle of friends who know you inside out. Your friends love you warts and all and you're forgiven for your flaws for the sake of love and >

### Know

the history you have together. But now you have nobody – and the need to establish that same kind of intimacy can feel huge.

The problem then is that when you do find someone you connect with, you have to fight every instinct not to come across like psychopathic cling-on Jim Carrey in *The Cable Guy*. You have to learn to master self-control and pace yourself.

It's left me with The Fear – the fear that I might never find those ride-ordie companions again, especially in a place with such a different culture. (I say ride or die, but that sounds a bit too exciting when I'm just looking for friends to join me in a game of chess... or Bananagrams.)

The Fear has made it hard to avoid hanging out with boring/awful people just because it's someone to be with; something to do. I abstain from that as much as possible, finding myself having lots of nights in with my new boyfriend instead. His name: Netflix.

It seems especially hard to penetrate the social scene in LA. Here, people are mainly self-employed or working in jobs that involve crazy schedules and travel. You can go months without seeing people who actually live in the

same building as you.

People here are also unbelievably flaky – they're notorious for it. Nothing gets in the way of the American Dream. Don't get me wrong, I love this place – but we don't blow people off at the last second in the UK. It's considered hugely rude, and can even warrant a Facebook unfriending if death or at least diarrhoea

aren't involved in your excuse.

Here, you barely need a reason to cancel your plans, never mind a good

Charm the pants off anyone: my strategy

### Be more hands-on

So, it turns out light physical touching triggers endorphins, which essentially means people warm to you more readily. Touching a stranger on the arm? Good. Bearhugging them? Not so much.

Ask for help
You might
think helping
someone is the
key to making
them like you; in
fact, you asking
them for a favour
is much more
effective. After
all, don't you love
feeling needed?
Moral: don't be
afraid to ask
people for help.

'People here

unbelievably

flaky-they're

notorious

for it...'

in LA are



Spending too long online hinders our ability to interact with others on a personal level - so get out there and actually talk to some people

### **Just be** there

face to face!

Did you know just being familiar with something makes vou more fond of it? It's called the 'mere exposure' effect, and it works with people too, say psychologists - we feel warmer towards someone simply by spending more time with them. So keep showing up, basically...

one. Ambition is everything in Hollywood and ruthlessness is seen as an asset rather than a flaw. If, like me,

> you're just an English girl ending her twenties on a high, it's hard to empathise with (or even understand) this mentality. I respect it, but I also resent it.

All this means I really miss my friends back at home. Every day. I feel so out of touch, and every time I come home it feels like everything is changing so fast I can barely keep up.

Facebook and Instagram fill us with a false sense of being in the loop. You don't pick up the phone as much

because you know what friends are up to, what they're eating in which restaurants, who they're shagging and what their inspirational quote of the day is. All the golden nuggets of information and truth that glue you together are missing. And that's hard.

But I suppose it's experiences like mine in LA that help us grow. We have to march into new chapters in order to learn. And while my address book here is hardly bursting its banks, I have made some really wonderful friends this year – people I may not have otherwise bothered with, because I already had my favourite people all around me.

I've learnt so much from these new people, and they've gone so far out of their way to include me in their lives. It's been a beautiful surprise – and when I go home, I plan to go out of my way to make newcomers to the city feel welcome. Until now, I'd never appreciated what an overwhelming task uprooting your life really is.

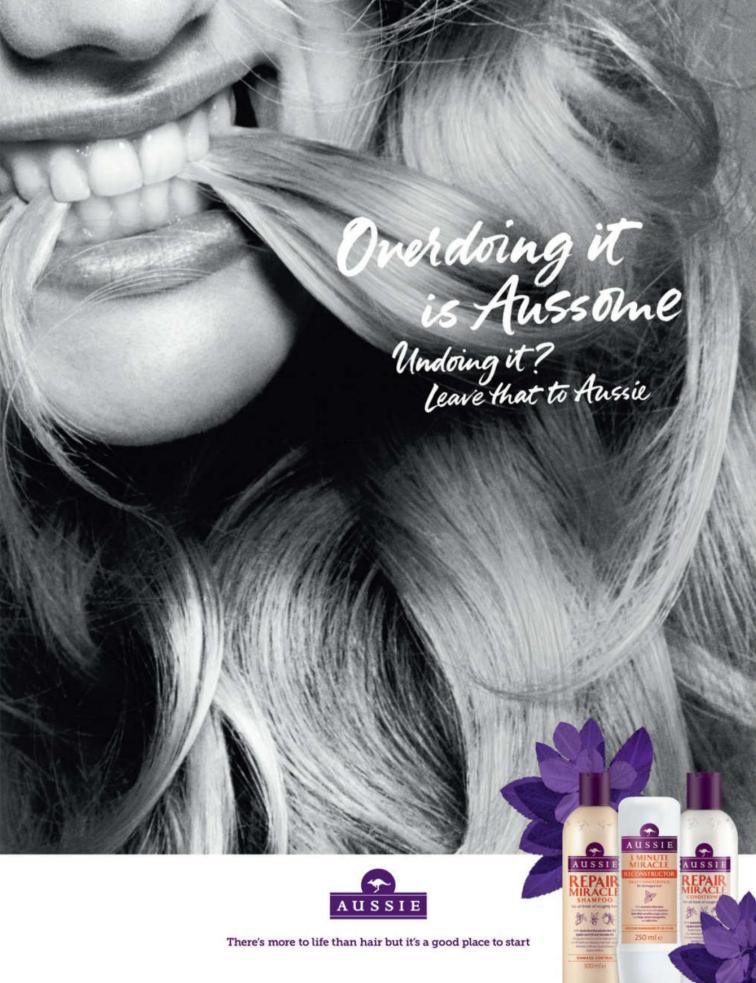
I think it has also, perhaps, made me a better friend. I've learnt to go the extra mile and make an effort to stay involved. I don't take anybody back home for granted. I never miss a Skoffee (where we both drink coffee while on Skype so it feels like we're in a cafe. If it's a special occasion we even stretch to Skunch or Skinner).

I schedule times from abroad to call. I text everyone at least once a week, even if it's simply so they know I'm thinking of them (and they don't forget me!). In fact, I stay in touch more from here than I did in London. Distance doesn't have to be the death of a good friendship.

In the meantime, I have to stay on my best behaviour, get out there, be patient and try. And probably stay off Tinder for a while... ◆











**SHORT HAIR** 

\* Don't have long, flowing locks?

placed mini braid will do the trick. Start by creating an off-centre

 $oldsymbol{\mathbb{L}}$  parting. The hair on your crown

will sit higher (read as, 'look instantly

O Do a three-strand braid, starting

continually pulling in loose hair from

Not a problem. A strategically

thicker') when sent against the

at the roots won't hurt either.

direction it grows. Backcombing

at the front of the hairline,

the sides. Take the joining strand

under rather than over the central

the braid sits on top of your head

one to form an inside-out braid (so

rather than lying flat – it's more 3D).

\* DO THIS Stick with one mini plait



No matter what your date of birth, there's a stylish, adult-appropriate braid to suit your hair

### **AFRO HAIR**

- \* The natural grip in your hair means it was made for a thick, undulating braid that's as simple as it is stylish.
- Twist two neighbouring strands **I** separately until they're coiled tight (the strands can be as thick as you fancy – they're *your* twists).
- Now twirl the strands around each other and tie the end with a band.

**\* DO THIS** One thick twist across the forehead says 'fierce'.





### **FINE HAIR**

\* Light, wispy hair can still accommodate a chic braid - just make sure it's a fishtail number.

Another off-centre parting and **I** some backcombing are required here for added volume at the roots.

- Then plait the length into a fishtail. Despite looking elaborate, fishtails don't require tons of hair. Oh, and they're really easy to do. Don't believe us? Ask Google. \* DO THIS Gently pull at your
- finished plait so it looks a bit beaten-up. Carefree styles give the appearance of more hair. Fact.

rather than multiple braids, to avoid the 'Snoop Dogg' look...



### Keep it down.

There's an Aussie girl nearby who's been

burning both ends of several candles.

You'll easily spot her. A bit sleep deprived.

But with hair that's wide-awake

and as fresh as a field of well-rested daisies.

How's that even possible? Aussie's

Repair Miracle collection, that's how.

Even if you've been up

to the unmentionable (we won't ask),

these hair-rehab miracles,

will sort out your do in no time.

So go on. Find Your Aussome.

It's what all the best

Aussie girls do.

#FindYour Aussome









How do fashion editors really shop? Cosmopolitan's Fashion and Style Director SHELLY VELLA (reluctantly) lets you in on a little secret...

irst, let's debunk a myth: my wardrobe is not crammed full of designer items. Yes, I'm a fashion director, but no, my desk isn't constantly piled high with glossy black Net-A-Porter boxes.

What us fashion directors really do is 'cleverly' edit out the very chicest, on-trend pieces from the high street (yes, we get previews, so we know exactly which pieces are best), then mix in a handful of smart designer picks. Our job is to look fashionable and worthy of communicating the trends to you. And let me tell you, that can be difficult.

Don't get me wrong, I like fast fashion. I get my Isabel

tops in Zara; I'm a slave to H&M classic white tees, and holidays aren't complete without half a dozen Miss Selfridge bikinis (they're some of the most flattering on the high street).

But I also like luxury fabrics, intricate detail and a cut that fits and flows. Which is why I, and pretty much every other fashion editor and

"Work out the

cost per wear...

it blows cheap

out of the water"

impulse buys

director I know, have gone a bit loopy for something I'm affectionately calling 'high-street couture'. Yes, it really is a thing, and Jigsaw, home of perfect work pants and snuggly knitwear, is leading the charge with Jigsaw A-Line.

Let me explain: this is still Jigsaw, but with

added extras. It's a capsule collection of cashmere coats, voluminous sheepskin gilets (this sounds scary it is not) and shimmering gold shoes. Yes, they're more pricey, but it's affordable luxury, and when you work out the cost per wear

> (as I have, of course - I am a fashion director

after all), it will blow those cheap impulse buys out of the water.

I swooned when I saw the preview. The wide-leg trouser with the crisp, front pleat? Amazing. The gently waisted, full-skirted coat as soft as a newborn's arm? I've preordered it. Then there's the heavy-gauge knit, lightweight silk charmeuse, delicious Italian shearling and leather... OK, I'm going on a bit, but you get the idea.

"Jigsaw A-Line is a new concept that challenges the generic high street/designer divide," Jigsaw buying director Shailina Parti told me.

> "Luxury designer fashion has increasingly become the preserve of the super-rich. The challenge at Jigsaw was to create an artisan-inspired collection using only the most intricate and sumptuous fabrics, at 'bridge' pricing, starting where high-street prices end."

We're talking here about quality with a capital

Q, and the truth is, if the Ed hadn't asked me to share this with you (I think the time I ran around the Cosmopolitan office gushing about the collection's 'air-spun' knitwear technology might have given her the idea), then I'd probably have kept this style secret all to myself.

\* Jigsaw A-Line hits stores this month







### AT KAREN MILLEN

A collection of stand-out pieces of extraordinary quality, made in exclusive quantities (between 30 and 700) so once they're gone, they're gone.

### THE FRINGED **BROMPTON BAG, £135**

### THE ZARA **TRIANGLE LAYERED NECKLACE, £17**

Everyone will stop to ask you about it



### **▼**Z FOR ACCESSORIZE

Zara Simon's jewellery line usually starts at £180 for a pair of earrings. This is her 'entry point' in a quiet corner of Accessorize.

DUNE BLACK A capsule collection of sophisticated but understated footwear featuring the finest leathers, detailing and trims, sourced in Europe.

### THE HIGH-HEELED AYDEE BOOT, £225

Expect strangers to ask you where they're from



### **◀**H&M STUDIO

Better fabrics: better cut. These are premium pieces with a difference - and a big ol' nod to catwalk trends.

### THE RUST BLAZER, £79.99

A thing of beauty. Get in mv wardrobe now! •



### BOOKS Pick your opinion

Not found time to digest this month's feminist watercooler reads? Help is here...



воок



WHY **EVERYONE'S** TALKING **ABOUT IT** 



THE BOOK-CLUB OPINION



SMART-ASS OPINION



You guessed it,

CURVEBALL FACT TO THROW IN

### ICALL MYSELF **A FEMINIST**

The View From 25 Women Under 30



If you started Germaine Greer's The Female Eunuch but gave up on page 13, then maybe this is for you. For the first time, 25 of the best voung voices in fourth-wave feminism are all in one place. And guess what? It doesn't read like a women'sstudies textbook. Result.

"Louise O'Neill's chapter on trying to be the 'cool girl' made me feel so much better about pretending to love hardcore deathmetal bands on most of the dates I went on in my early twenties." \*room falls silent\*

"Hmmm... are essayists Laura Bates, Laura Pankhurst and Yas Necati the Gloria Steinem. Erica Jona

and Susan Faludi of our generation? Discuss..."

Laura Pankhurst is indeed a greatgreat-grandaughter of suffragette leader Emmeline Pankhurst, and Gloria Steinem is - wait for it -Christian Bale's

step-mum.

FEAR OF DYING by Erica Jong



So you've heard the '70s feminist term 'zipless fuck', yes? This is the woman who invented it: Erica Jong (right), in her 1973 novel Fear Of Flying. One of the founding mothers of second-wave feminism. who doesn't want to know where she'll continue that particular train of thought now that she's 73?



"The chapter where she goes online in a quest for 'sexual freedom', but ends up with a load of dick pics is amazing. Who can't relate to that? Sadly."

"The juxtaposition of sex and death is not uncommon in literature, but Jong's narrative moves you with its sheer honesty." (Extra points for nonchalant use of the word 'juxtaposition'. Nailed that? Now try 'discombobulate'.)

Props if you actually know what a 'zipless fuck' is (no, it's not sex with a man who wears drawstring pyjama pants). For the uninitiated, it is supposedly the purest form of casual sex and that means no games, no ulterior motives and definitely no awkward Facebookfriending afterwards.

**HOW TO BE A GRRRL!** by Lucy Van Pelt



Forget Miss Piggy and She-Ra, Peanuts' Lucy is to cartoons what Tina Fey is to comedy. She's dry, cutting and puts Charlie Brown

in his place. This is an ode to her wit and wisdom.

"It's easy to dismiss this as the cartoon you read over your Cornflakes as a kid, but it's actually an acute study of human

> behaviour. Every woman's a little bit Lucy."

"Cartoonist Charles M Schulz arguably used the simplistic medium of cartoons to explore the complex world of '50s gender politics, as this book shows." (NR: should result in head-nodding from the rest of the group.)

There's a fully recognised Charlie Brown Theory of Personality, in which Lucy represents type-A. FYI: Charlie Brown is also slang for heroin. Throw that into your Monday-night book-club banter.

WHY NOT MF? by Mindy Kaling



This one's from the woman who writes, produces and stars in The Mindy Project (E4). If you've done Lena Dunham, Chelsea Handler and Amy Poehler's 'normal-girl' memoirs, this one is for you.

"I don't think I'm drawing too

crazy a parallel to say that Mindy is the Dorothy Parker of our times. She's got all the wit and social observations - just fewer stand-out hats." "While undeniably populist. Kaling exposes the minutiae and paradoxes of life as a successful woman, with refreshing candour." (Damn, you're good at this.)

She's named after the character in TV show Mork & Mindy (below). Her Hindu parents moved from Nigeria

> to Massachusetts and wanted her to have a "cute American name".

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# The

Pointing you in the right cultural direction this month.



### **RONZE**

Bronze + red = the hair colour of A/W15. Let Kate Mara, Emma Stone and Jessica Chastain be your visual references.

### SPROUT FEVER

Cropping up everywhere from hipster pop-up menus to new Pizza Express toppings. Kale better watch its back.



# Floating our bo<mark>a</mark>

### ANNE-MARIE

After two years as Rudimental's live vocalist, Essex girl Anne-Marie's debut EP Karate is our current ear-worm of choice. Watch her soar.



Burnt out? Want to feel 'pumped' for your big meeting? An intravenous vitamin drip will oblige. Hey, if it's good enough for Cara Delevingne...



### MEAL INVERSIONS

#DinnerForBreakfast and #Brinner (the opposite) are Instagram's latest darlings. Any trend that says Coco Pops for dinner is OK gets our vote.

### 'VINTAGE' MAKEUP

Glambot.com 'sanitises' your half-used lipstick then resells it on your behalf. Which, sorry, will never not make us go, 'Ewwwwww'.



### **PREMATURE TINSELATION**

There are months until Christmas. Put down the baubles or you'll be burnt out by the time the John Lewis ad drops.



### DIARY DEADLOCK

Trying to fit in a night out with your old school friends 'before the end of the year, and somehow no one is free on the same dates? We hear you.

### BEING WHATSLAPPED

AKA, when you're mid-WhatsApp chat and someone unapologetically leaves the group. The new passiveaggressive 'it's not me, it's you'.



**iking our shi**j

### **CHELFIE RAGE**

Just stop snapping pouty pictures of yourself in the changing room and vacate it already. A cubicle is a place to try on jeans, not work on your selfie game.



## MAX FACTOR X



THE MAKE-UP OF MAKE-UP ARTISTS



# nice'n easy

nice'n easy

CLAIROL

Christina Hendricks in Nice'n Easy 8G Natural Honey Blonde

\*based on 12 months IRI colourants unit sales ending January 2015. ©2015 P&G



# Natasha Devon WANTS A WORD WITH...

# Laughs

What happened when Cosmopolitan's no-nonsense columnist confronted the man behind that notorious 'rape joke'?

Just over a year ago, Daniel O'Reilly was enjoying the huge success his comic alter ego, Dapper Laughs, had brought him: 1.6 million Facebook followers, an ITV series, Dapper Laughs: On The *Pull*, in which he 'trained' hapless men how to talk to women, plus a sell-out tour, 'Proper Moist' (we know)... Dapper and Daniel, it appeared, were going places.

But then came the spectacular fall: amid accusations that his TV show was degrading to women, it was also

claimed that Dapper had told an audience member at one of his gigs that she was "gagging for a rape".

The backlash was swift and decisive. His tour was cancelled. ITV declined to renew his series. Finally Daniel held his hands up, apologised and retired Dapper 'for good'.

Except now he's back with a UK tour. I was keen to find out who the man behind the character really is - and just how much of Dapper there is in Daniel...

I've seen the clip that caused all the controversy. You definitely say the words, "She's gagging for a rape" on stage. Come on, how do you defend that?

"I was [doing a routine] on creating a TV show about rape. I shouldn't have been discussing it. But there were two women at the front and one shouted out, 'Oi, my friend

loves you and she's gagging for a rape.' That's why you see me leaning down saying, 'What's that? She's gagging for a rape?' OK, so that's ridiculous and I probably shouldn't have said it. But then a newspaper gets hold of it and says, 'Dapper Laughs is telling men to go down the road, get some rope and rape a bitch..."

But the idea that a woman can be in any sense 'asking for it' plays into rape culture...

"Listen – for the record, I'd like to say my family has been affected by sexual abuse and rape, so it's not something I'd joke about.

There's a YouTube clip of an interview you did on Newsnight, and someone has commented, '/>

'Dapper is an exaggerated stereotype of lads - me when I was 16, maybe

### Know

### hope that bitch interviewing him gets raped'...

"See, that is terrible. [But] that's some kid going on there and writing that so someone reacts to it. Anyone who'd watch my content, then go out and rape someone, is already fucked in the head."

### ➤ Did you always intend for people to realise Dapper is a comic construction?

"I think with the TV show there was confusion, because I was being a bit cheeky with the contestants, teaching them how to be confident – then it cut to the sketches, where I was being over-the-top, and people couldn't see the difference between the two. But, yeah, Dapper Laughs is a really exaggerated stereotype of lads – of me when I was 16, maybe."

### ➤ So what are your feelings about feminist issues? Do you understand why you've become such a target?

"Maybe I don't understand a lot of it, but when I've been the target of so many feminist groups and had

so many gigs cancelled and lost so much money because of their cause, it's not something I'm actively showing an interest in. Again, I don't mind learning more about it. I spent the majority of my youth looking after my mum and sister. It was tough for us. So when people say, 'You don't like women,' it's ridiculous. If [after the 'rape joke' controversy] someone had taken me to one side, I'd have put my hands up and said, 'Right, I've opened a can of worms here. I shouldn't have spoken about that. Here you are, lads, I've taken the time to do some research into what I think is a serious point.' Use me like that, you know?"

### > Would you still like to do that?

"I'd *love* to do that. It'd certainly make more sense than carrying on down the path of me versus them."

### Would you call yourself a feminist?

[Very long pause] "OK, let me ask you something. How would you define a feminist?"

### ➤ It's about all humans having equal rights and opportunities regardless of gender...

"OK, well then, 100%. Of course. The most important people in my life – and I'd probably say the strongest – are women. I aspire to be like my mum. At my gigs, I'll talk to a man exactly the same way I'll speak to a woman. Now, if a feminist wants to come to the show and say, 'It was disrespectful what you said to that woman,' I'll be like, 'Yeah, but come on. Equal rights. If you want everyone to







'My family

has been

affected by

- I wouldn't

joke about it'

sexual abuse

be treated the same, then why should I treat women any different?"

### ➤ You've been labelled 'downright dangerous' by the press. How does that sit with you?

"I find that ridiculous. I'm nice, I don't argue with people, I'm not aggressive...

They're trying to change this character [Dapper] into an evil, pro-rape comedian. Now, how do you imagine people feel when they read that and think, 'Hang on, two million people follow him?' There must be some who think, 'Well, if he's that bad, and two million people follow him then [rape] can't be that bad."

### ➤ You want to change how people think of you. Do you think you can do it?

"Not some people. But I think if people knew more about what happened, about me and my background, and about how the media manipulated it, they might not see me as so much of a bad guy. If you don't like me, fine. But let me just entertain my fans."

So what did I make of Dapper? I was expecting to come away thinking his 'poor me' act was just that: an act. But in fact I found O'Reilly to be a surprisingly uncomplicated and decent guy. His observations about men, women and relationships are insightful. He's also vulnerable (even getting a bit tearful at one point during our discussion), bearing the hallmarks of a person who was given everything they'd ever dreamt of, before having

it snatched away.

Having actually watched his material – some of which I found myself reluctantly, but genuinely, laughing at – it also seems obvious that Dapper is a comic construction whose piss-taking is aimed squarely at men rather than women (because, he says, women are "naturally more intelligent").

If you'd told me before we met that we'd end up down the pub after our interview, swapping notes

about lad culture, I'd have been more than a bit surprised. I might not particularly like Dapper Laughs – but Daniel O'Reilly? Him, I can definitely have a drink with.

• Has Daniel won you over or do you think Dapper should do one? Join in the discussion on Twitter @CosmopolitanUK. ◆



\*110 Good Housekeeping readers tested bareSkin\* Pure Brightening Serum Foundation in June 2014.

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# Abbey ever after focus

**DOWNTON** addicts, steel yourselves – the final series is here (sob). Here, stars from upstairs and down relive their must-watch scenes

**▼**Downton

Abbey, ITV1,

Sundays



(Lady Mary Crawley)

The one where... Matthew goes to war

Series 2, episode 1

"The whole story with Dan [Stevens] was lovely and [that's] where it all started. It was when Downton was starting to spread across the world and everyone was catching on."



(Thomas Barrow)

The one where... Thomas loses it in the shed

Series 2, episode 8

'Who doesn't want to trash a shed? The director said. 'We can't retake this, so don't mess it up.' He used a stronger word than 'mess', though!"

### **JOANNE FROGGATT**

(Anna Bates)

The one where... Anna is raped by Mr Green

Series 4, episode 3

"Afterwards, I received letters from women who'd been raped. We've come such a long way since the '20s, but it was an eyeopener to realise we still have a way to go."

### **LAURA CARMICHAEL**

(Lady Edith Crawley) The one where... Lady Rosamund learns about Edith and Gregson

Series 4, episode 4

"I worked with Samantha Bond on many big emotional scenes. She's Mrs Professional and trained in theatre, so what she gives is a gift. I love her to bits."

### **MICHAEL FOX**

(Andrew Parker)

The one where... everyone goes gambling

Series 5, episode 8

"Filming in the Velvet Violin gambling club was my first day on set. I was mainly going, 'Oh, my god, what the hell's going on?'I felt so excited about the future."

### **ELIZABETH McGOVERN**

(Ladv Cora)

The one where... Lady Sybil dies of eclampsia

Series 4, episode 3

"Julian [Fellowes, Downton's creator] really addressed the impact of grief on [Cora and Robert's] relationship and the fallout that often occurs: the stages of grief and blame and forgiveness."



### TFI Friday

(Channel 4) Our '90s Friday-night obsession is returning (again) for eight more shows. Expect: Chris Evans putting live guests on the spot and, of course, producer Wiiiiiiiiiill.

Watch if... Fat Lookalikes is your idea of a good night in.

### **The** 2 Apprentice

(BBC1) Another motley crew of business 'brains' stab each other in the back to try to secure £250,000 from Lord Sugar. TV gold. Watch if... you enjoy seeing people messing up tasks you'd be brilliant at.

### **Q** The Affair (Season 2, Sky Atlantic)

Does what it says on the tin: in other words, expect infidelity, intrigue... and plenty of scenes with a semi-naked Dominic West. Watch if... If? If? There is no 'if' where Dominic West is concerned.

### EVERY GREAT LOOK ...

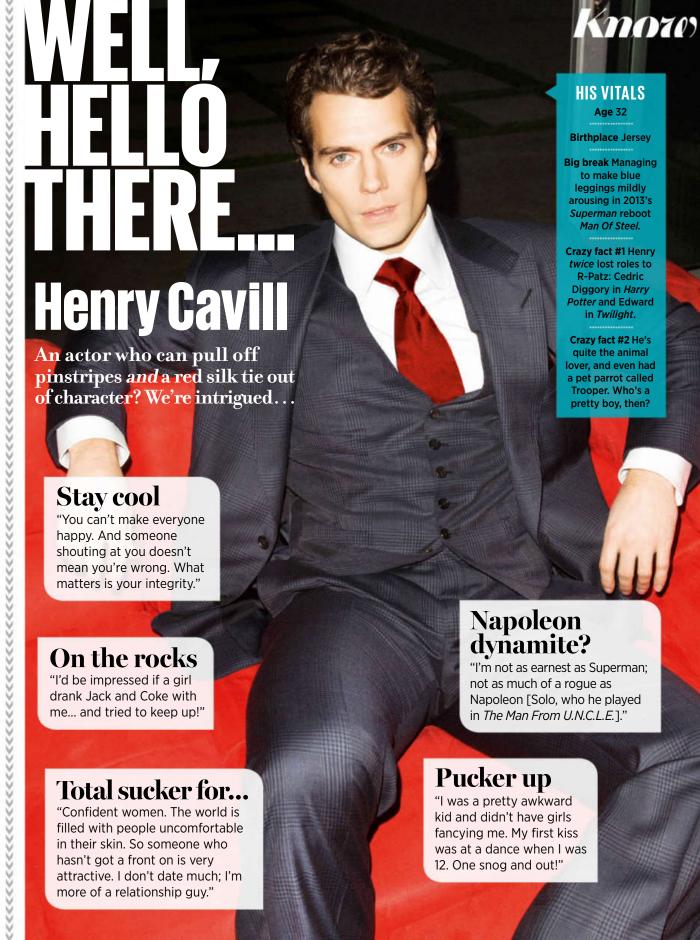




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# MAKERBEL



She's the painfully shy girl who was bullied at school and went on to study at Cambridge. An actress who's worked for 30 years, and who this month stars in the year's biggest film – her second James Bond. Yet we still know so little about her off-screen *Cosmopolitan*'s Sophie Goddard meets

NAOMIE HARRIS – Hollywood's most intriguing star





ormer boyfriends, misjudged selfies, ill-advised tweets... in 2015 it's a fair assumption that the obligatory Google stalk of a celebrity usually unearths a few juicy titbits to get the ball rolling for a journalist. But with Naomie Harris - who is about to reprise her role as Eve Moneypenny in *Spectre*, the latest blockbuster in the Bond franchise the search turns up empty. Nothing. That's impressive, not only because Naomie is 39 with nearly three decades' worth of roles under her belt, but also because she's worked with most of the top actors in Hollywood, from Jake Gyllenhaal, Idris Elba and Colin Farrell to Orlando Bloom, Johnny Depp and, of course, Daniel Craig. The only vague whiff of 'scandal'? Claims of a secret wedding to her rumoured long-term banker boyfriend, Peter Legler (I make a note to ask her later).

"There aren't pictures of me falling out of clubs because that's just not me – I don't even drink," Naomie explains (on cue, her green tea arrives at the table). "I like clubbing, and I *love* dancing, but I'm not boozing it up until 6AM. I've never drunk at all, or smoked – maybe that's why I didn't fit in at university..."

The cloud of secrecy surrounding her personal life is, however, an altogether more considered decision, she admits. "I had this really >





amazing publicist when I started acting," she explains. "She said to me, 'Naomie, you have a choice whether to speak about your personal life. But know that if you *do*, you'll for evermore be asked about it.' That made so much sense to me, so I always keep that door closed. I'm very open about other things," she concedes.

OK, then – so, *did* she marry in secret earlier this year?

Suddenly she bursts into laughter. "What?! That's so funny... I'm not secretly married, no!"

Naomie Harris is a woman who knows her own mind - and limits. Softly-spoken and unfailingly polite, she exudes a quiet confidence that's hard not to be impressed by. Case in point: when discussing how nerve-racking it can be auditioning for Hollywood bigwigs, she grows animated. "I actually love the auditioning process," she says. "I get offered a lot of things without auditioning now, which is far more scary - you haven't had a chance to show the director what you can do. That means the first day of filming can be a shock for them - when they say they want your character to be 'moody,' you could interpret that to mean something totally different."

Rejection, she says, is something she learnt to accept pretty quickly. "I don't take it personally; I see it as about my interpretation of the role, which is fine. Maybe it's because I've been acting since I was nine. I just go into an audition, do my best, then let it go."

Naomie isn't scared of sticking to her principles, either. When I ask where she stands on sex and nudity, she recalls, "I did this show called Accused for the BBC [in 2010]. One scene involved my character being raped by her husband. The director said I'd need to be naked, but I don't do nudity, so he told me, 'Well, I'm sorry, I can't give you the role.' I said, 'That's OK, I totally get it.' But then he came back to me and said he wanted me for it anyway. Later he told me, 'I'm so glad you said you wouldn't do it, because it's always

The director

awkward to direct an actress who's uncomfortable. It was much better to have a body double."

Talking to Naomie, it soon becomes clear many of her values come from her mum – a writer who's worked on shows including *EastEnders* and *Grange Hill*. "She always told me never to get in debt or spend more than you have in the bank – that comes from not having money,

basically," she says. "Acting is such a feast-or-famine industry. You may do well one year, then the next you might not work at all. But it's also important never to get into a position where you feel you *have* to take a job. It goes against everything I believe in."

Brought up in north London solely by her mother, Naomie says her shyness meant she embraced her creative side early on. After joining an

after-school theatre group, she bagged her first TV role in the children's show Simon And The Witch aged just nine, thereafter landing regular TV work - to the resentment of some of her peers. "I got bullied because I was on TV," Naomie recalls. All-girl schools can be bitchy environments, and that sent me further still into my imagination." So she began writing. "I wrote a book when I was 13," she says, looking bashful. "It was a mixture of my childhood experiences - about a girl from a middle-class family whose parents died so she

> had to go and live with her aunt on a council estate, and struggled fitting in. It was never published."

> Naomie's time at Cambridge, where she studied social and political sciences, was also difficult. "I didn't enjoy it at all," she admits. "It was a real

relief when it was over. But now lots of young people write to me and ask, 'Should I go to Cambridge, because I heard you didn't enjoy it?' and I don't want to be too down on it, as I wasn't a 'normal' student. My mum gave me so much freedom growing up. She'd say, 'If you want to go and smoke or drink, do it, but first think about what smoking and drinking does to your >

said I'd need to

be naked, but I

don't do nudity"

body. I never wanted to do those things because I didn't feel I had to 'break free."

Those tricky formative years are now clearly well behind her, with Spectre, her latest project rumoured to be the most expensive movie ever made (reportedly approaching £230m). But can you be a feminist and a Bond girl? "I think you absolutely can now," she replies. "Sam [Mendes, director] loves strong, multidimensional women; that's incredibly important to him. Barbara Broccoli [daughter of original Bond producer Albert] is at the helm of the franchise too, and she's a strong woman who has a big say in how

the characters are developed. You can see that in *Spectre* – Monica Bellucci's character is incredibly feisty, and rejects Bond's help. She's like, 'I can do this on my own!'"

It seems like a good moment to ask her what she

makes of the scripts offered to women in Hollywood. Are they often unworthy of their talents? "Yes," she concedes, after a long pause. "You might get four scripts and think, 'Oh, OK'.." she grimaces. "It's very difficult to find roles as well-written as male ones, and with as much screen time. Then there's one amazing script that sparks your imagination, and gets you really excited. They *are* there; it's just they're mostly dominated by amazing male roles..." she trails off.

tougher for

women in film"

She has a point. Just 21 of the 100 top-grossing films released last year featured a female lead or co-lead, and only 28% of *all* characters in those films were female. So does Naomie



believe there's a 'glass ceiling' for female actresses in Hollywood? "Well, I definitely think it's tougher for women in film, but then I look at Meryl Streep, and..." she falls silent. "I thought there would

be other actresses breaking through. I'm sure there are. Jennifer Aniston, I guess?" Another long pause. "But she's comedic. Erm... yeah, perhaps there is a glass ceiling. I'm really struggling to think of women who can consistently open movies." She's silent again. "OK, Reese Witherspoon! There are women doing it, but yeah, it's harder."

But while making strong career decisions has clearly worked out for Naomie, is she subject to the peer pressures we all experience over life choices such as marriage or children? "Yeah," she sighs. "I'm nearly 40, so lots of my friends are like, 'I have to get married and have a baby'; they're freaking out. I just think, 'What will

be will be. Everyone tries to drag me in with them; it's almost like they're trying to scare me that *I* haven't ticked those boxes yet."

But clearly, Hollywood is a world away from most of our lives. So how do you stay grounded when everything, from your last film role to your Twitter feed, is under constant scrutiny? "You have to find a way to relieve stress, otherwise it builds up," Naomie says. "I do something called EFT in the mornings – basically a 15-minute round of affirming how you want your day to go. It's all about being open to yourself, and to your own intuition."

With somebody so confident and... well, sorted, I almost ditch the last question – surely there's nothing Naomie Harris would do differently given

the chance? "I don't know if I would," she says thoughtfully. "I think the biggest lesson I've learnt is that you don't have to be perfect. Just knowing that your imperfections make you wonderful and human, that's enough."

Well it certainly looks that way... *Catch Naomie in Spectre, out 26 Oct.* 



### BEHIND THE SCENES

### Sophie Goddard Cosmopolitan's Acting Features Editor

"What first struck me about Naomie was her

professionalism – despite being hugely jetlagged, she refused to break for lunch until every shot was nailed. She's incredibly warm too – hugging every member of staff after the shoot and thanking everyone individually for their time – even asking *us* questions about our lives (imagine!). It meant we all left with a spring in our step – and after a nine-hour day in the studio, that's saying something."





MANGO

"This time round, I went in with the attitude of enjoying myself. They asked me back, so clearly they liked what I'd done!"

**\***Naomie Harris

2015 Eve Moneypenny, Spectre

**> 2015** Angela River, Southpaw

**2013** Winnie Madikizela, Mandela: Long < Walk To Freedom

**> 2012** Eve Moneypenny, Skyfall

2011 Elizabeth Lavenza, Frankenstein at the National Theatre [directed by Danny Boyle] <

**2006** Trudy Joplin, Miami Vice [with Colin Farrell, Jamie Foxx]

**2006** Tia Dalma, Pirates Of The Caribbean: < Dead Man's Chest

2004 Elisa, Trauma [with Colin Firth]

> **2002** Selena, 28 Days Later [directed by Danny Boyle]

2002 Clara, White Teeth TV series

**1992-1993** Shuku, Runaway Bay TV series

1987 Joyce, Simon And The Witch TV series

"This role was life-changing - it's one of the things I'm most proud of."

"I've always felt comfortable in front of the camera, but theatre scares me. Although I got Skyfall because Sam Mendes saw me in this."

"This was one of the most fun roles I've ever played. Tia is a brilliant character to play. I had this incredible den with all these animals, and the costume, and the hair! I had a ball."

"After I left drama school, I spent eight months unemployed and was so depressed. Now I realise that's nothing! But it was a shock to me."

"I never had a 'Saturday job' - I did jobs like this instead. I filmed in the holidays because of school."

"This was the first time I'd met Daniel [Craig] and my first time working with Sam [Mendes]. I kept thinking, 'I'm taking on this iconic role, what

"Jake [Gyllenhaal] was

gracious and generous. He sent me an email afterwards

saying, 'I loved working

with you, I really hope you

enjoyed the process."

if they don't like me?'" "Colin was great to work with,

and Jamie is really talented."

"The best word to sum up Colin Firth? 'Fun'."

"Danny gave me my first big break. He did the same for me later with Frankenstein - I hadn't done theatre in 10 years, and he took a risk with me. He's my guardian angel."

"Acting as a child was really useful. It means you learn your craft, and by the time you're an adult you've got it down."

### \*Education

### 1998-2000 Bristol Old Vic Theatre School

"I wrote to charities to finance my way through theatre school. Most people ask individuals, but I didn't want to do it that way. I got all the money I needed."

### 1995-1998 Cambridge University

"I used money I'd made as a child actor to put myself through university, then at Cambridge I made these training videos with John Cleese and Dawn French. I'd play a secretary, to show how to answer the phone properly."

EARLY '90s Anna Scher Theatre School, London "Drama school was great because I was always very shy. Lots of actors go into this industry because of shyness - you can find a voice in your character. By being someone else you can hide behind it."

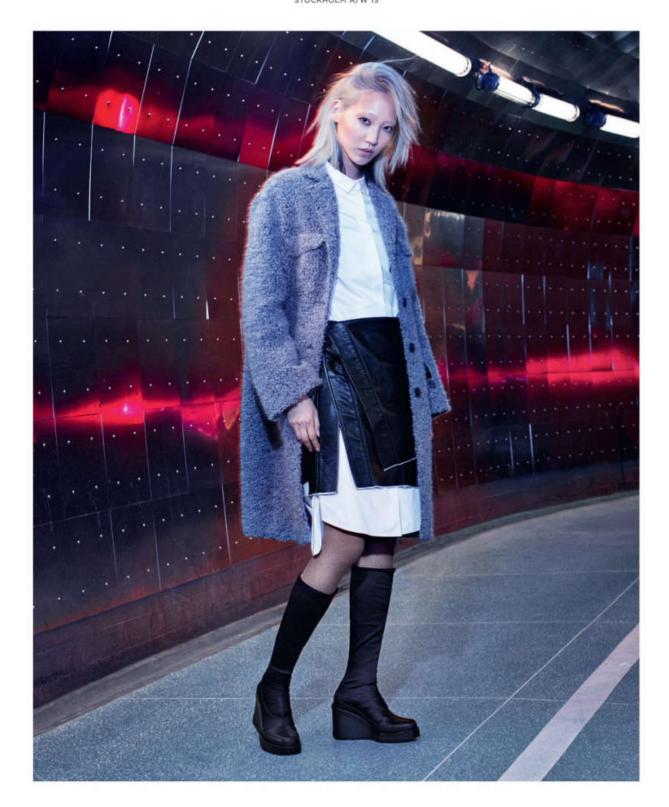
1987-1993 Woodhouse College, Barnet

**1981-1987** St Marylebone School for Girls (London) ◆

### **ISSEY MIYAKE**

L'EAU D'ISSEY





### VAGABOND

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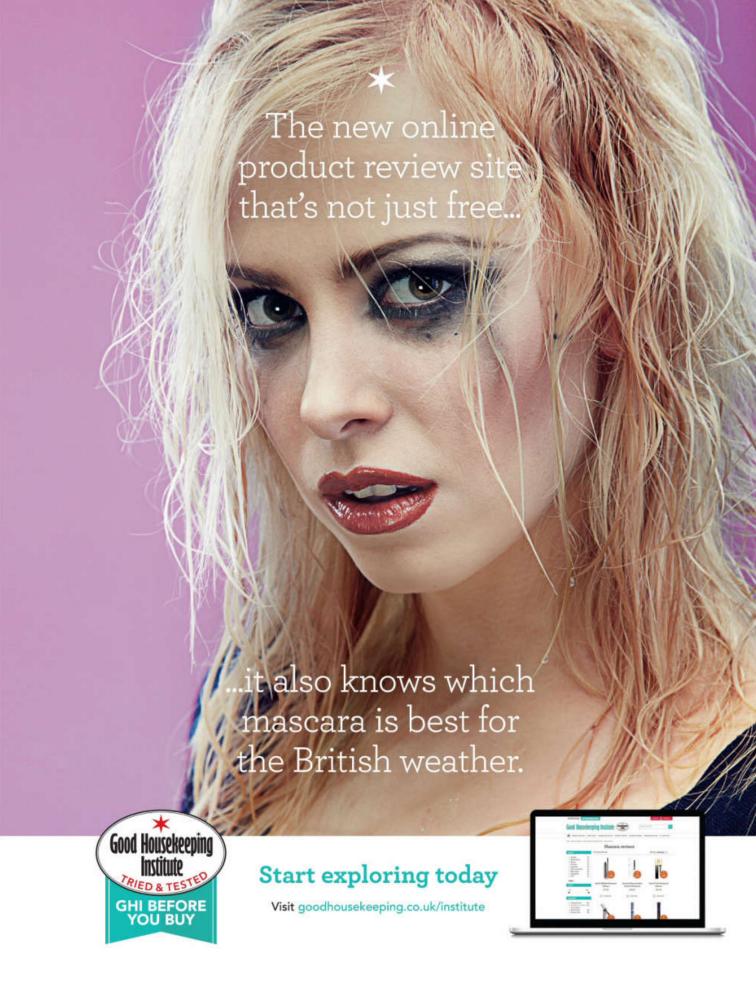








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#### APPLIQUÉ FLORALS

Appliqué has turned a style corner. Once your mother's default choice of fabric to wear to graduation, it's now a cool and subtle entry into the floral trend. The key? You need to really toughen this one up. Fishnets and a gothic lip will help – plus plenty of attitude.

Dress, £250, Karen Millen. Tights, as before. Gloves, £54, Cornelia James

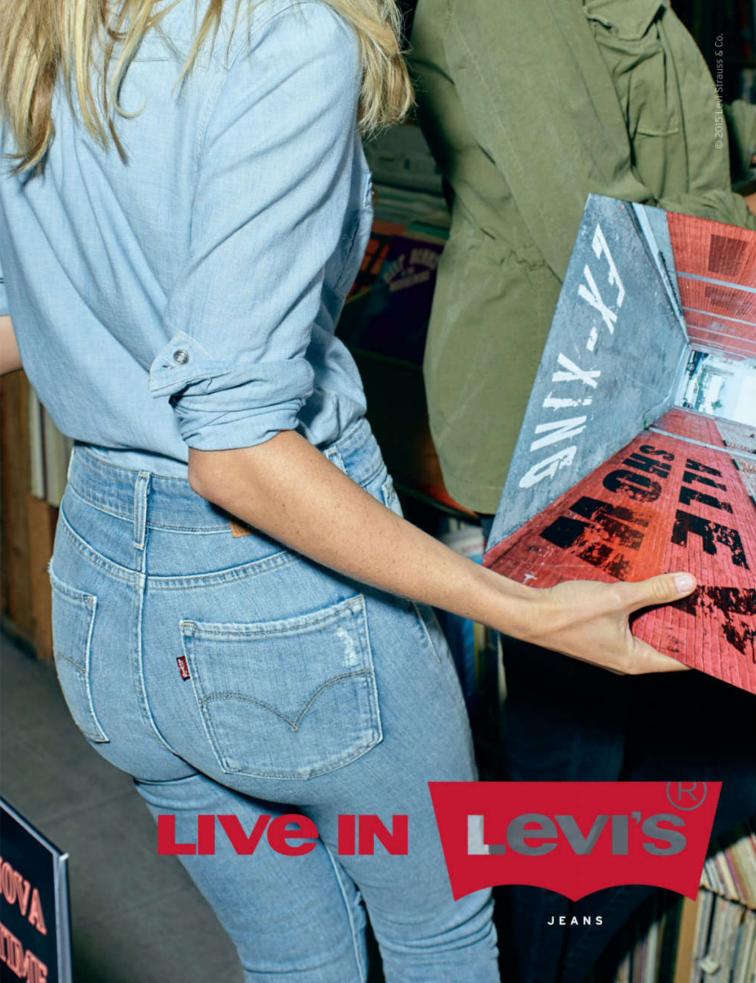




























Ready to knuckle down? Good. Here are the new-season hairstyles that say, I mean business'. Now go forth and conquer

Words & beauty CASSIE POWNEY ← Fashion & shoot direction SHELLY VELLA ← Photographs WENDY CARRIG













#### **NOW GET THE LOOK...**



#### **SAVED BY THE GEL**

- 1 Start by running a 10p-piece-size blob of styling mousse through dry hair mousse will give your hair the best flexibility for moulding and shaping.
- 2 If your hair is long, conceal the back half by pinning it into a pleat or bun, then gently twist the front sections back into mini quiffs so they sit in small waves on top of your head. Pin the ends into the back section to secure.

  3 When you're happy with your final style, use a spray-on
- **3** When you're happy with your final style, use a spraygel (see, this look is a hairspray-free zone) to get that polished wet-look finish. No matter how tempting, hairspray will lead to meringue peaks at this stage avoid! Think Danny Zuko in *Grease* and you've got it.







Kérastase Matérialiste Thickening Spray Gel, £19.50



#### TOP (KNOT) OF THE CLASS

- 1 Start by tipping your head forwards and brushing your hair into a high ponytail. A natural-bristle brush will grasp the individual hairs better and create good tension for flat-to-the head styles such as this. Don't forget to set with plenty of firm-hold hairspray.

  2 Next up: twist the popytail until it calls tightly.
- 2 Next up: twist the ponytail until it coils tightly, continuing to turn it around itself to form a circular knot. Good wrist action is required for this bit so you'd better get practising.
- **3** Slide a couple of kirby grips in to secure. Then muss it up by imagining you're clicking your fingers at an errant dog and you'll have the technique down pat.







#### **HEAD CURL**

- 1 Start by applying a thickening mist to wet hair and use a volumising brush as you blow-dry, working in a deep side parting between the top of your head and your ear.
- 2 To achieve serious height in the front section, split it in two, and tong one half forwards and one half backwards using a medium-barrel curling wand. Pin while cooling to create 'scaffolding' for the look.
- **3** Now curl the rest of your hair in generous sections. Pin each newly tonged curl while it cools and sets, and once you've released them all, brush through gently with a comb rather than a brush. This will minimise static and leave you looking more Lana Del Rey and less Brian May.







#### THE A-STAR SWEEP

- 1 Blow-dry the front section of your hair in the opposite direction you want to send your sweep, then guide it across your forehead for the perfect curve.
- 2 Next, secure this section with kirby grips in front of your ear (in case you missed this season's memo, the ear is the new style hot spot) and smooth your hair down with a little high-shine serum.
- 3 Now you just need to rough-dry the ends and mist them with a mattifying salt spray, pinching sections between your fingers to tease in some contrasting texture. (Yep, that'll be the errant-dog finger-clicking technique again.) ◆



Smoothing Serum, £18





# Prescription skincare without the prescription



#### Cetraben

A unique formula that's helped millions manage their dry and eczema-prone skin, proving so popular that 96% of people would recommend it to a friend<sup>1</sup>. And now it's available without prescription from major retailers as well as pharmacies. So you can easily get the same high quality care for your skin, without a visit to the doctors.

www.cetraben.co.uk

As close to your skin as you are.





# 90 days to **better looking skin**

Scientifically proven to reduce the visible signs of ageing, IMEDEEN skincare tablets work to nourish your skin from within, in as little as 90 days.

Helps skin look younger Reduces visible signs of ageing Improves skin quality and moisture balance





Can the latest crop of overnight facial treatments really give you HD-ready skin by morning? Acting Beauty Editor CASSIE POWNEY investigates...





# The sweet smell of SEXECUSION SERVICES STATES SERVICES SE

Rose is the scent of seduction – but c'mon, what do real men think of this season's rosy scents? We forced them to blind sniff and spill...



#### Byredo Rose Of No Man's Land, £88

**THE BLURB SAYS** "The rose heart combines with a radiant chord of raspberry, while a base of papyrus wood and white amber gives the rose a sophisticated aura."

**NICK SAYS** "This is gorgeous. It smells crisp and defined. I imagine it on a cool Parisian who wears a leather jacket and red lips."

ROB SAYS "I'm not sure if I like this. It smells like my mum and smelling your mum is a bit weird."

ANDY SAYS "This does smell like

something a mum would wear. But it's not too sweet – it's quite earthy and natural – so it'd be a very sophisticated mum."

Liz Earle Botanical Essence No. 20, 549

THE BLURB SAYS "Turkish rose absolute intertwines with surprisingly fresh notes of carrot and jasmine sambac, symbolising feminine beauty and effortlessly encapsulating a natural sensuality."

NICK SAYS "I love this. Seriously elegant and friendly. Smoothly spiced and airy with a sprinkling of sea salt. It belongs on somebody who is both silly and serious – a great combination."

ROB SAYS "It smells like a posh person's garden. I like it, though; it's fresh and light."

**ANDY SAYS** "This fragrance is balanced yet subtle. I'd definitely fancy the girl who wears this."

#### 3 Flower by Kenzo L'Elixir, from £47.50

THE BLURB SAYS "Notes of raspberry are accented by sparkling mandarin, while Bulgarian rose and orange blossom compose a smooth, exhilarating scent. Bourbon vanilla distils a stylish sensuality, while praline accord transforms the fragrance into something addictive and delicious."

NICK SAYS "It smells like a classic, but I'm not sure I like it. It's a cake-like

mixture of rose and a gentle violet note, mixed with some smoke."

ROB SAYS "This one smells a bit musty. Kind of like cupboards and nans. Or nans' cupboards! Either way, not ideal."

**ANDY SAYS** "The rose in this is very strong and I'm not a fan of overpowering smells. I can imagine it on a pretty girl who knows what she wants. She's a straight-shooter."

#### Givenchy Live Irresistible, from £49.50

#### THE BLURB SAYS

"Unique and addictive with an impertinent and irresistible mix of flowers, fruits and spices, including notes of rose, pineapple and amber."

NICK SAYS "Aside from the rose, I can smell fuzzy peaches and cream, caramel and vanilla. And that, by the way, is not a good thing. I find it unbalanced."

ROB SAYS "This is far too intense for me. Smelling it actually made me cough. Still, if you're the sort of person who can't be bothered washing on a daily basis, then this one's for you."

ANDY SAYS "This is quite strong, a bit like a scented candle. I can picture a girly girl wearing this; maybe a mum. But a young mum!"

### *Chloé Eau De Toilette*, FROM £42

#### THE BLURB SAYS

"Blossoming earlymorning dewdrops melt

into an infusion of white petals. Downy musk adds extra softness."

NICK SAYS "It initially smelt green, like a garden. Then it turned into a fabric conditioner, which made me sad."

**ROB SAYS** "My first thought was that this smells like sweets, but then I was eating Haribo at the time. It's nice though – not too strong."

ANDY SAYS "This is quite a pure scent; it doesn't smell complicated and probably sits well alongside Cath Kidston bedsheets." ◆



Andy Jordan,

former Made In

Chelsea star





# NGE SSUES



(How

Cosmopolitan's Beauty Director INGEBORG VAN LOTRINGEN gets a few things off her chest

This month I can't get over...

### 'No'-makeup selfies

I have never partaken in the #NoMakeupSelfie. Why?

1) I can't pose to save my life. 2) I'm not proficient with filters and airbrush apps like \*cough\* some celebrities are (let's face it, we can't all match up to Beyoncé and Millie Mackintosh's au naturel looks). But while I wait (and wait) for all those 'accidentally' beautiful people to own up to vigorous digital assistance, I'll happily admit to using Perricone MD No Makeup Makeup, from £25. The seven-product range (concealer, blush, bronzer, mascara, lipstick and two foundations) features melting textures and fleshy shades designed to get you looking makeup-free, but a damn sight more attractive. Here's

an #ittooksixproductstolooklikethis

selfie to prove it (right).



Beyoncé: natural beauty



Millie: fresh-faced



Inge: just a little extra help involved here...

# **SHOULD YOU**

Layering a serum under serum under moisturiser sounds OTT, but there is a point. A pre-serum puts cells in a state of perfect calm and hydration, allowing any corrective treatment you put on top to tackle your skin issues better and faster. Call it a skin booster: some brands. wary that the term 'pre-serum' may be a tough sell, do just that. If you're on a budget, or frugal like me, try yours directly under moisturiser, then

swap back and forth between this and your regular serum every two months. I'm impressed with Elizabeth Arden Superstart Skin Renewal Booster, £45.



#### PERSONAL SHOPPER



erricone MD

o Foundation

undation Serun

ad Spectrum SPF 30

Perricone MD

Foundation

Serum, £48;

Blush, £29

No Foundation

30 mL/1fl oz

#### **OBSESSED**

\* Crème de la Mer The Renewal Oil, £155 Shake to mix the oils with the seaweedy, agebusting 'miracle broth' for light and silky drops that make skin look beautiful. Gold star!



**\*** YSL Instant Moisture Glow, £48 This brings parched skin back to life beautifully. Best of all, you can dab it over makeup without creating a huge mess.



#### **NON-PLUSSED**

**\*** Benefit Air Patrol **BB** Cream Eyelid Primer, £21.50 Its sticky finish transferred my liner and mascara to my eye creases - major fail. Props for the SPF20, though.

# nobody's child .com



#### FIESTA STYLISTA



### #FIESTASTYLISTA

AW15/16 DÉCOR DRESSING



Stay on trend with the ever-fashionable FORD **FIESTA** and this season's opulent interior-design inspired outfits. Keep following **#FiestaStylista** to see which of our budding UK stylists will win their big break and become next season's Stylista. fiestastylista.co.uk



Go Further

PHOTOGRAPH DENNIS PEDERSEN/THE LICENSING PROJECT. THE OMY DESIGN & PLAY RANGE IS AVAILABLE FROM STONEMARKETING.COM



That's how many days women effectively go unpaid, compared with men, per year. That's a hell of a lot of holiday we're missing out on...

## The pay gap depends on your occupation

**SKILLED (EG, ELECTRICIAN OR FLORIST)** 

MANAGERS, DIRECTORS AND SENIOR OFFICIALS

**ELEMENTARY TRADES (EG, BARTENDER OR CLEANER)** 

-15%-----

PROFESSIONAL (EG, ENGINEER OR ACCOUNTANT)

SERVICE (EG, CARING OR LEISURE)

**ADMINISTRATION AND SECRETARIAL** 

SALES AND CUSTOMER SERVICE

O3% O

# Why are you paid

From 4. November to the end of the year, you'll technically be working for free –

#### Women miss out on the top jobs



A disproportionate number of men land the best-paid jobs – for example, 68% of those in IT and 93% of engineers are male. By contrast, the majority of lower-paid jobs go to women. A huge 92% of secretaries and 94% of childcare assistants are female.



#### The gap is narrowing - just very slowly



The pay gap between **men** and **women** in the UK currently stands at **9.4**% – down from **17.4**% in 1997. Good news, except that it's believed this may be down to men's wages collapsing during that time, rather than women achieving real pay equality.

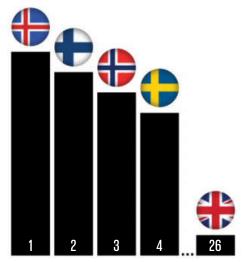


#### It's going to be a long haul

45 years after the Equal Pay Act in the UK, we still have a long way to go – and the UN says it'll take 70 years for the gap to close worldwide. That's the year 2085.



The UK's global ranking for equality has fallen in the past decade



In 2006, we were placed ninth, but currently we're number 26 out of 142 countries. And the reason? Our low scoring for 'economic participation', which measures, among other factors, the pay gap. The top four countries are Iceland, Finland, Norway and Sweden.

#### It's tough at the top too



Especially when it comes to cash. Female bosses earn 22% less than their male colleagues. We're also missing out on bonuses, with the average man's bonus (at £4,898) almost double that of a woman's.

# Many of us don't earn a living wage

A quarter of women earn less than the 'living wage' compared with one sixth of men. The Government's National Living Wage will rise to £7.20 per hour next April, while charity The Living Wage Foundation say it should be £7.85 outside London and £9.15 in London.

# less than a man?

due to the pay gap between men and women. Here's how the difference adds up...

### Far fewer female executives...

Women make up 8.6% of all executive roles in the FTSE 100 – that equates to just seven. (However, there are 17 men called John. That's 10 more Johns than women.)

### The amount women earn, compared with men





Planner, £9.75, Sticker Stack





WORK

Notebook, £39, Sloane Stationery

## ПСС

Vintage-style accessories for a work space any Mad Man (or even perfectly sane woman) would be proud of



Filing chest, £295, Oliver Bonas



Camera, £249.99, Polaroid

Pencils, £24.50 for box



Coffee date cards, £12 for nine,

COFFEE?



Desk, £379, Made For the real deal, Retonthenet. co.uk has a great selection of vintage office equipment - everything from '50s staples (!) to deliciously retro rotary phones. You will be

seduced.



Radio, £140, Roberts

## #SIMPINBE REAL

See more at SimplyBe, co, uk or shop in-store

### ORDER UP TO 8PM FOR NEXT DAY DELIVERY\*

\*ADDITIONAL CHARGE OF £3 PER ORDER PLUS USUAL PAP CHARGES WILL APPLY. ORDERS MUST BE PLACED BY BYM BY TELEPHONE PROVING DILLY PER TIMES ARE BASED ON THE ASSUMPTION THAT THE LITEMS ARE IN STOCK.
WHILST WEMAKE EVERY EFFORT TO DELIVER GOODS ON THE DAY WE SPECETY WE CANNOT GUARANTEE DELIVERY ON THAT DAY OR ACCEPT ANY LIABILITY FOR OUT OF POCKET EXPENSES, COSTS, LOSSES OR ANY OTHER EXPENSES DUL.
TO PALLED DELIVERY, THIS OPTION IS ONLY AVAILABLE IF YOU LIVE IN AN AREA COVERED BY OUR COURTED, EXCLUSIONS APPLY SOR FULL TERMS AND CONDITIONS VISIT OUR WEBSITE OR ASK AN ADVISOR WHEN YOU CALL. J D'WILLIAMS
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## You've got to rise above the negativity

How do you go from uploading a video in your bedroom to commanding a beauty empire?

FLEUR DE FORCE, 27, explains how she built her dream career—and gained a million YouTube subscribers along the way...

### Ideas can come from anywhere...

I discovered the vlogging community through seeing an interview with Taylor Swift – she said she watched makeup tutorials online in her

spare time. My mum encouraged me to try it, so I posted my first makeup tutorial a few days later. Years later, I got the chance to interview Taylor myself, and she recognised me from my videos – I rarely fangirl, but I almost passed out!

### No one's the best at everything...

When you've put so much of yourself into something, it's hard to hand areas of your business over to other people. In the beginning, I hated keeping my accounts, and would cry over them. But now, instead of juggling 50 things and doing them averagely, I've got people around me who can do certain things much better than I can.

### Be open to all opportunities...

When I started out, YouTube was all about cats on skateboards, but now vloggers are doing incredible things – I'm lucky enough to collaborate with huge brands such as Starbucks and Eylure, which shows how powerful the business of blogging has become. It feels unreal to be following in the footsteps of Katy Perry, who's also designed a range of lashes with Eylure.

### It's OK to play it safe and have a backup plan...

I studied geography at the London School of Economics and hated it. Everybody around me wanted to be a banker



and I questioned what I was doing there. But instead of quitting, I found a way of fitting in filming beauty videos around my studies. Then, when I finished my degree, I set aside six months to see if I could make it work full-time – luckily it paid off. Don't quit until you've got a plan in place.

### Don't expect everyone to like you...

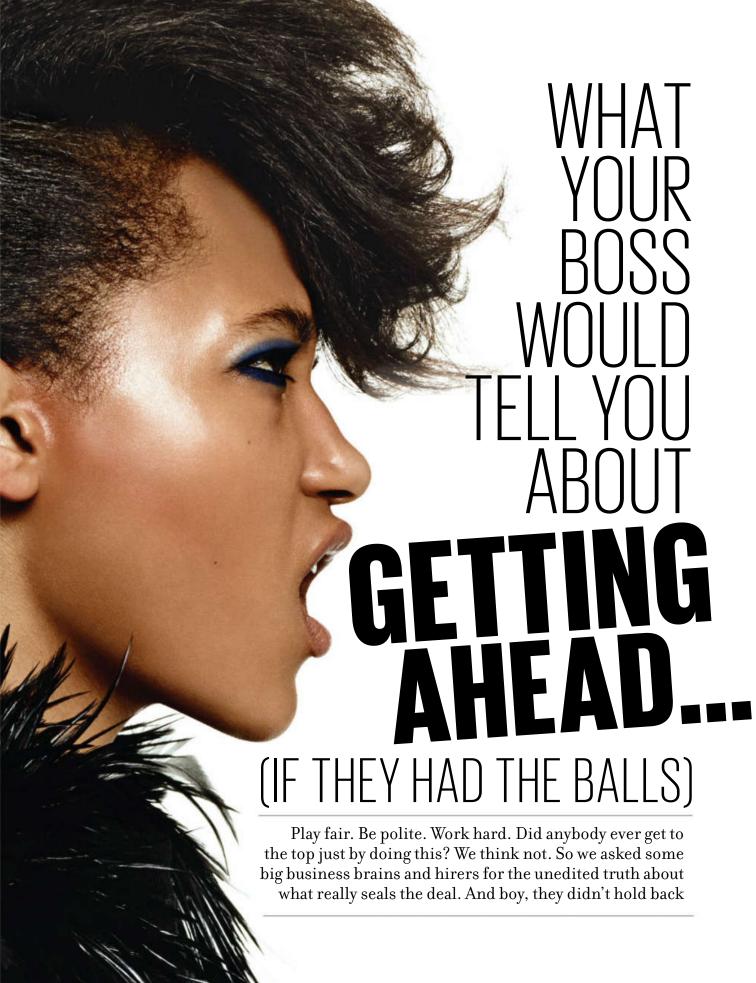
If you're working online, you'll always get hate comments. In the beginning I was called 'fat', but I've learnt to take

### FLEUR'S CV

Sept 2015: Releases her FeelUnique beautyrange Aug 2015: Launches her own Eylure eyelash range Feb 2015: Releases first book, *The Glam Guide* March 2014: Hits 1m subscribers

subscribers
June 2012: Starts wedding
channel BrideDeForce
Jan 2011: Creates her
FleurDeVlog channel
Sept 2009: Posts first
beauty tutorial while at LSE

the high road and ignore negativity. It's impossible to please everybody. I do try to keep my content as non-controversial as possible – the odd swear word slips out occasionally, but that's as scandalous as I'll get. It's essential to keep a balance between life online and real life; my friends are great for reminding me to rise above any drama or take a step out of the YouTube bubble.



### **Earn**

### 'Wear good shoes...'



"The effort you put into your appearance indicates the level of pride you're likely

to take in your work, and if I'm interviewing somebody who looks as though they've just rolled out of bed, within minutes, I know they're not getting hired. It's not about wearing lipgloss; it's about communicating – without saying a word – that you're willing to go the extra mile."

NATALIE CAMPBELL, DIRECTOR OF SOCIAL-INNOVATION CONSULTANCY, A VERY GOOD COMPANY

### 'Disagree with your boss'



"Nobody wants a boardroom full of 'yes' people. It may seem scary

going against your seniors, but if you highlight your strengths and always explain why you disagree with us, we'll take note. Stay in your comfort zone, on the other hand, and nothing amazing will ever happen to you."

JACQUELINE GOLD, CEO OF

**ANN SUMMERS** 

### 'Network with everyone'



"Many unexpected professional relationships helped me turn an idea into

a global makeup brand. It was by chance that I met a chemist during a photoshoot, where I was working as a makeup artist, who helped me launch my original line of lipsticks – although our fields were different, we worked incredibly well together. Once I had the final product, I could sell makeup from home via mail order. Then, by pure coincidence, I met the cosmetics buyer for Bergdorf at a party. I told her about my range and the rest is history. My advice: don't be afraid to utilise what *and* who you know, be open and say hello to everyone."

BOBBI BROWN, FOUNDER AND CCO
OF BOBBI BROWN COSMETICS

And some advice is so damn brutal, these guys wished to remain anonymous...

### 'One CV will do'

"For the love of god, please *stop* sending your CV and covering letter multiple times. It's unlikely I won't have received your original email and it suggests you're repeatedly copying and pasting your application to several companies. A follow-up message is fine, but resending is just lazy." SHAWN, PROJECT MANAGER

### 'Ditch Hotmail'

"Any CV that lists a Hotmail account or cringey email address goes straight in the bin. If you're applying for a job in a fast-paced industry, get with the times! Create a bloody Gmail account; it's not that hard. Better yet, have an email linked to your website, like info@yourname.com."

MAIHRI, SENIOR DESIGN MANAGER

### 'Hit the gym'

"I go to the gym religiously, and if my staff don't exercise, I can't help but think they're a bit lazy. And I think it works both ways – if your boss is more laid-back, they might feel on the back foot if you're always talking about going to the gym. The way you treat your body affects your whole outlook, so it helps to reflect (or pretend to) your boss's behaviour."

**AMY, PRODUCTION MANAGER** 

93%

of hiring managers look at candidates' social-media profiles - maybe time to remove that tequila slam shot in the mariachi hat then...

### 'Use "we" in emails'



"If you always talk about yourself, you won't come across as a team player –

show your commitment to the company and use 'we' instead of 'I' when emailing outside the office. Also important: don't go to your boss every time there's a problem. It's far more impressive if you can solve a crisis independently, and tell your boss how you dealt with a tricky situation after it's been resolved."

KANYA KING MBE, FOUNDER OF THE MOBO AWARDS

### 'Go for everything'



"Look on interviews not as terrifying but as an amazing networking

opportunity. Believe me, it is rare that you will ever get someone you want to work for to listen so intently to what you're saying – and to actually *have to* stay and listen! Even unsuccessful job interviews I've done in the past have eventually led to other jobs because of word of mouth. And *always* follow up with an email to say thank you for their time. Everyone loves good manners."

COSMOPOLITAN

### 'Prove you're listening'

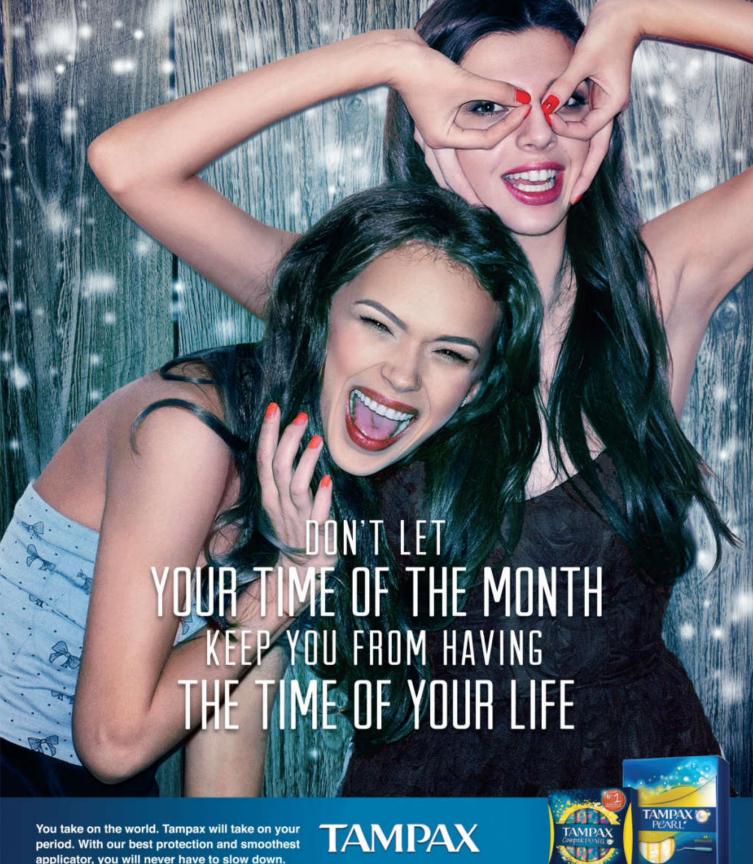


"Your boss's time is precious; appreciate that and demonstrate you're

really listening to what they're saying. I always feel reassured when someone comes into a meeting with a notepad, or they quickly repeat back to me what we've just discussed. Likewise, I do the same when giving a presentation. I'll make eye contact with as many people as possible, smile and then ask, 'Is everyone still with me?'"

JEMMA JONES, EUROPEAN

MARKETING MANAGER FOR HONDA ◆

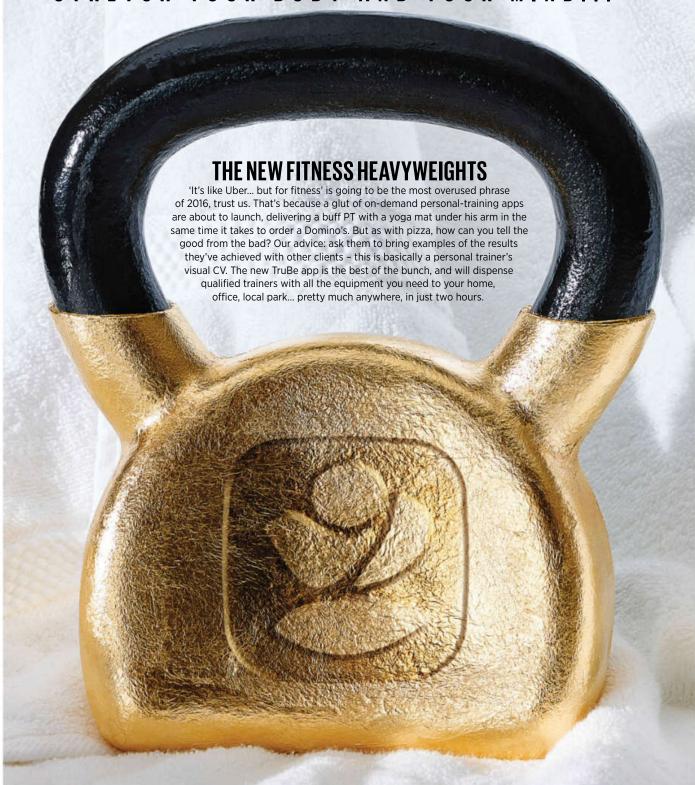


applicator, you will never have to slow down.





STRETCH YOUR BODY AND YOUR MIND...



# DEAL WITH

e're a nation obsessed with calories: we use apps to track how many we're using, buy watches to check how many we're burning, and scour packets and restaurant menus to see how many we're eating. And yet our clothes are getting bigger and our collective health is getting worse. Turns out calories are much more complicated than we thought. Here are some things we thought you should know...

### DON'T TRUST LABELS



The label on that pork pie might be telling you, well, porkie pies. The Atwater system, which manufacturers use to work out the calories in their food, was devised around 100 years ago (that's right, back when you could still buy cough syrup containing heroin).

Dr Rachel Carmody of the University of California, who researched this system, says, "The way calories are measured ignores several factors of the digestive process, including the production of digestive acids and enzymes, and muscular actions necessary to move food through the gut." Translation: this lack of accuracy means some labels could be out by as much as 50%.

And labels don't have to be entirely accurate. "As well as discrepancies between the Atwater system and true calorie values, the European commission that sets food regulations

allows a 5%-20% margin of error on food labelling," says Paul Finglas of the Institute of Food Research.



Try to stick to foods that are as close to their natural state as possible. "Calorie

labels tend to be pretty accurate for processed foods such as crisps or white bread, but are likely to overestimate the amount in, say, a handful of almonds," says Dr Carmody. "But you also need to think about what's been done to that food." For example, a whole, unprocessed potato represents around 200 calories; turn it into mash and the calorie count goes up by around 50%, because the processing removes much of the work your body would be doing digesting it (and that's before you add butter and milk). So be aware of the journey your food has been on!



### FITNESS TRACKER



Just invested in a bit of fitness armcandy, have you? We've got bad news: a 2014 study of fitness trackers by Iowa State University showed their calculations were off by between 9% and (brace yourself) 23%.

"Simply swapping the same device from your ankle to your wrist can change what it measures," says Paul Finglas. "Apps that calculate your calorie intake also vary hugely - that's because accurately describing a food, and how much you've eaten, is tricky."



"These errors could have an adverse effect on people trying to lose weight," says

Yang Bai, from Iowa State University. "That said, our study found that the Fitbit Flex, Jawbone Up24, and Nike FuelBand all had acceptable levels of accuracy. Also such devices can still be used as a motivational tool to promote physical activity."

### **CALORIES**



It's what you eat, not how many calories you consume, that has an impact on your metabolism. (So, sorry: a 250-calorie doughnut is not the same as 250 calories of veg.) In one US study, people on a very-low-carb diet burnt 300 calories a day more than those on a low-fat one, due to the increase in metabolism. Simple carbs (sugars that are the quickest source of energy) cause a spike in insulin that can lead to an energy crash that'll have you reaching for the triple-choc cookies - again.



To keep your metabolism high while losing weight, base your diet on an

Atkins-style ratio of 10% of calories from carbs, 60% from fats and 30% from protein - try a chicken, bacon and avocado salad with olive oil. That's not so bad, is it?

### GET YOUR SHARE



You'd think less sleep + more moving = greater calorie burn. But actually the opposite is true because (in a nutshell) you can't eat when you're asleep. A study at the University of Colorado found that people scraping by on five hours' sleep a night experienced a 6% increase in calorie intake. Study subjects packed on a whopping 2lbs in five days, thanks to a sluggish metabolism and extra snacking.



You can burn energy just by standing. Researchers found that workers who

usually sit all day could burn 750 more calories across a week simply by standing for three extra hours a day. So buy a stand-up desk and double that weekly total - try the Varidesk, from £325 (or free if you can persuade your boss it'll pay off in the long run...) ◆

## ENDS, NOT MY PERIOD. New\* Always Ultra. Up to 100% leak protection. Stay out till sunrise with new Always Ultra. Its super absorbent core has liquid locking gel, and gel can't leak. Remember, great stories don't happen when you stay in. Also available in Liners. always always

## From soft blush to rich brown, there's a new

way to go NUDE for your daily workout



Vest, £19.99, Puma

top, £95; leggings, £70; trainers, £150, all Adidas by Stella McCartney

Jacket, £375, Adidas by Stella McCartney

Trainers, £69.99, Adidas at Foot Locker

Perspiration may leave pesky stains on your nude fit kit, so try this simple DIY hack that avoids using harsh detergents: crush two aspirins and mix the powder with half a cup of warm water. Then soak the stained part for several hours.



Invest in washing bags that protect delicate items such as bras in your machine and avoid colour leakage.

Bra, £55, Wellicious



Rucksack, £35, Converse



Leggings, £70, Asics





Shorts, £29.99, Adidas at Foot Locker

## Flatbelly yoga



This 20-minute workout from celebrity yogi JULIE MONTAGU melts stress, moulds your wobbly bits and could leave you with a stomach you can play chess on!

mong London's taut-buttocked set, the name Julie Montagu is talked about with the sort of reverence reserved for the Dalai Lama. (Her Sunday class in SW3 gets so packed that she often teaches standing on a radiator. True story.) That's because Julie's Vinyasa yoga style combines athletic vigour with a yogic meditative philosophy, leaving bodies toned and brains recharged.

Interested? Then



let's begin...

### Squat

### TARGETS Bloating, thighs

- 1 This pose puts slight pressure on the abdomen, so it's great for 'relaxing' your intestines. Simply squat down and bring your hands in front of you in prayer position (don't try this in church). Now point your toes out and your heels in. Hold for five long breaths, in and out.
- 2 Now return to standing for two breaths, then come back down for five more breaths.
- 3 Repeat the whole thing all over again.



### **Half moon**

### TARGETS Bloating, core

- 1 Lean forwards. Steady now...
  As your left arm comes down to touch the ground, lift your right leg up and hold it straight out behind you.
  Stretch your right arm up above your head.
  (Yes, it's supposed to be hard.)
- 2 Hold for five breaths, in and out. Return to standing for two breaths, then repeat the pose on your other leg and arm, holding again for five breaths.
- 3 Repeat this sequence one more time.





### **Warrior**

### TARGETS Lower abdomen, arms

1 Lunge your right leg out in front of you and your left leg behind. The toes on your right foot should point straight forwards, with your front thigh parallel with the floor. Extend your arms up past your ears, with your hips, chest and shoulders facing squarely forwards.

- 2 Hold for five breaths and return to standing. Repeat on the other side.3 Complete one more repetition.
- Feel the stretch.

### Wheel of vitality

### TARGETS Stomach, legs, digestion

1 Stand with your feet wide apart and turned out, like a ballerina. Bend your knees over your ankles, towards your toes. Bring your hands together in front of you. Open your arms out to the sides, then bring them back together.

2 Now press your palms up towards the sky, then, in a circular motion, down to the ground, and back again to heart centre. Repeat this five times, maintaining your bent-knee stance.





### THE PERFECT MATCH

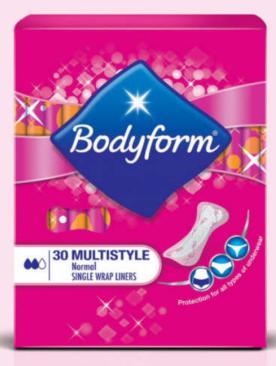
### FOR ALL YOUR KNICKERS

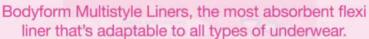












Multistyle Liners from Bodyform. Wear what you want.



























MY BODY'S AMAZING BECAUSE.

... I've learnt to love my differences, says **SOPHIE MUNNERY**, 28, from Surrey

was born with no left hand – I have a 'stump,' as I've heard people call it, below my elbow. As a child I knew I was different, but it didn't bother me. I could do everything others could, such as cycling and swimming. I also taught myself to do two-handed things, like opening a jar by holding it between my left arm and body.

Sadly, insecurities kicked in when I started secondary school. I was going through the usual stages of growing up – puberty and being interested in boys – and felt self-conscious. I didn't want people to see me as different. No one teased me, but the thought was scary enough for me to cover up in jumpers all the time. I thought I had to hide – and that I'd never find love.

It was going to university that altered my mentality. I met all sorts of people and thought, 'Who cares?' No one did, so I didn't either. I started to get attention from men too, which helped.

Then, in 2012, I met my boyfriend online. For our first few dates he didn't even notice my left arm – I eat and drink with my right hand. Eventually I said, "I have a tattoo on my right wrist saying 'one'. Do you know why?" He didn't, so I told him. He was absolutely fine about it, which was a huge relief.

Last year, I lost my dad to cancer. Not long after his funeral in February, I was diagnosed with skin cancer too – that's how his battle had begun. I had to have four operations on my back to remove the melanoma, leaving me with 32 stitches and two scars. My body looks even more different from the 'average' now, but it doesn't stop me wearing clothes that show my arm and scars.

I'm now cancer-free, working in childcare – and feel I have a healthy attitude towards my body. Scars are just marks, like my tattoos, and have nothing to do with who I am.

\* For more feel-good inspiration, go to Cosmopolitan.co.uk/body

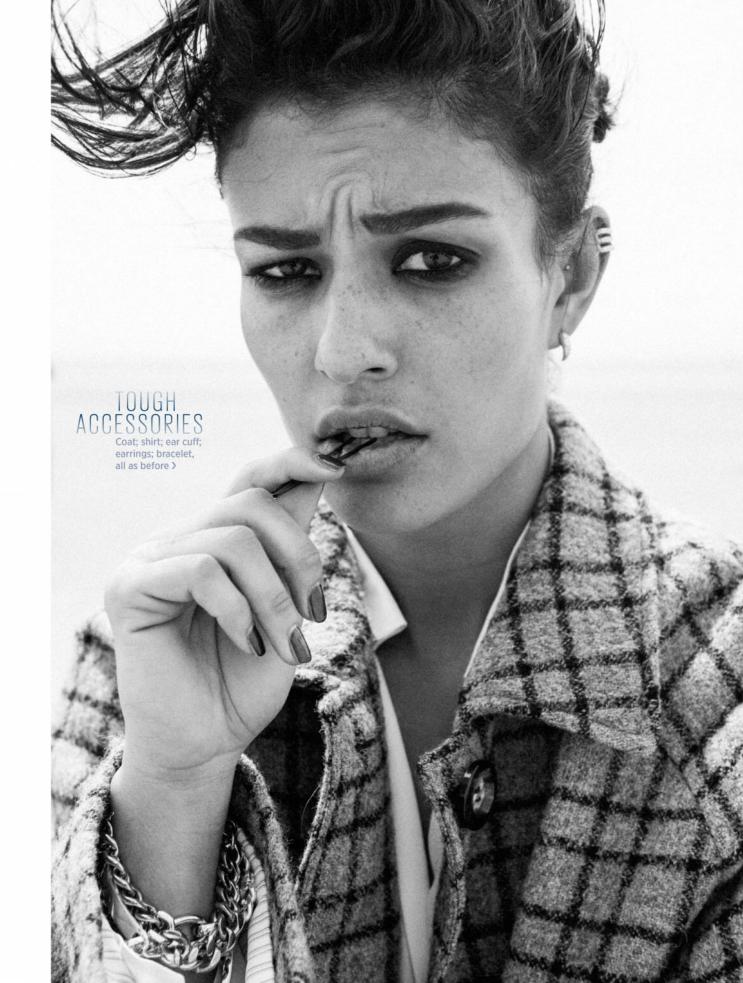


There's something beautifully reliable about this season's mannish clothing. First off, it's a long-term wardrobe commitment, not a seasonal one-hit wonder. Secondly, these are pieces you can dress up or down. Heels? Flats? Your choice. It's time to embrace your inner guy











### THE CASUAL REEFER

Coat, £177; top, £35, both Petit Bateau. Trousers, as before. Hat, £35, Rokit. Earrings, as before

## THE IN-BETWEENSEASONS TRENCH Coat, £198, Jigsaw, Shirt. £49.95; shoes, £44.95, both Massimo Dutti. Trousers, £59, John Lewis. Tie (just seen), £25, John Lewis. Watch, £159, Daniel Wellington >











Jacket, trousers and shirt, as before Trainers, £75, Comptoir des Cotonniers 134

### MANNISH STYLE: A RULE BOOK

Rule 1 Stick to a neutral colour palette. Think tones of grey, black and navy highlighted with crisp white.

Rule 2 It's all about the cut, so invest a little more in a well-tailored jacket; look for a snug fit on the shoulders, clean lines and darting at the bust, plus a gently nipped-in waist.

Rule 3 When it comes to your coat, fabrics play a vital role – wool, cashmere and natural-fibre blends make for longer-lasting garments.

Rule 4 A chunky brogue or classic loafer is the perfect footnote to any modern-cut masculine-style trousers.

Rule 5 Find a mannish style staple for you and you won't look back

these are for keeps.





Helen Lewis reports on the man helping busy women find the time to get off



DeAnna arrived in the UK to study two years ago, she looked forward to making new friends – and meeting new men. The 25-year-old was raised in a strict, conservative family in the US, and when she reached London she planned to enjoy every minute of her new-found freedom.

DeAnna should have had no problem attracting men. She's a smart woman who combines intelligence with the sort of curves Pixar characters are made of. But when she began dating, she found that sex with the men she met was a huge disappointment.

"I always had the same problem – I couldn't reach orgasm for a long time, or I'd rarely orgasm at all," she says. "They'd indulge me with 45 minutes of stimulation, massage, oral, dirty talk, rough sex, hair pulling and different positions – but nothing did it for me."

Eventually, DeAnna decided to forget her own needs and focus on her partners' – hardly satisfying. But then, when a relationship ended a year ago, things got even worse as she found she was too busy – and, if she was honest, scared – to embark on a new one.

"One-night stands didn't seem a viable – or safe – option," she says. "I dated, but the men I met were such a let-down. To be fair, I didn't give them the chance to get close to me."

Many women in DeAnna's situation would do one of three things. 1) jump



online and head into the mating melee that is hook-up culture. But often that takes time and money and potentially results in a long line of emotional entanglements she just didn't have time for. 2) turn to the reassuring buzz of a vibrator. 3) well, traditionally that would have been to go out, see friends and hope somewhere along the way she'd meet someone. But the dating landscape has changed – it's now a place where the man at the bar is more interested in right-swiping the woman on his phone than talking to the woman standing in front of him.

Instead, she met Colin. Colin Richards, an erotic masseur whose website is filled with glowing reviews from former clients. Reassured by their positive experiences, DeAnna booked an appointment. Although the 55-year-old wouldn't be many twenty-something women's idea of an ideal date, DeAnna says that thanks to his services, she was finally able to relax enough to climax. Colin's most popular treatment is a 90-minute massage called the Kama Sutra, for which he charges £175 – and DeAnna insists it's worth every penny.

The service all Colin's clients get in exchange for their money is thorough. Before the appointment, they chat to him about the options on offer, including breast stimulation, being brought to orgasm by his fingers or oral sex. They then fill in a checklist, via email, choosing from extras such as nipple-squeezing or sex toys.

When they arrive at Colin's studio in Pimlico, he leaves clients to take a shower before they lie on his massage



table, covered with a towel. The session begins with a full-body massage and only moves on to intimate touch once Colin is sure they're fully relaxed (clients can tell him to stop at any point – although he says they're more likely to ask him to be rougher, if anything).

After 20 minutes, he starts to run a feather or a light finger over the woman's body, then in the final half-hour, he asks her to turn over so he can properly touch her vagina and clitoris and bring her to orgasm.

Although DeAnna has no regrets about paying a stranger to get her

'Colin helps me relax and feel better about myself sexually' off ("Colin helps me relax and feel better about myself sexually," she says. "I absolutely think it's worth the money"), she has, understandably, been reluctant to share her secret with her friends.

"I don't really want to tell anybody," she admits. "There's a

stigma around it, but sex has been around for thousands of years – you have to get it somehow..."

In a world where you can hook up with someone at the swipe of a finger, the idea that DeAnna would need the services of an erotic masseur might seem crazy. But Colin, who is in an

18-month relationship with a woman who is aware of and supports his work, has built up a database of 14,500 clients over 10 years, half of whom are women. He has 12-14 appointments per week.

### **Sexual outsourcing**

So what's driving businesses like Colin's? (And there are plenty of men across the UK offering the same service.) It's partly down to women's increasing independence, both financially and socially. What's more, as a society, we are more relaxed than ever about 'personal outsourcing'; there are companies that'll pick up your laundry, deliver your meals, write your CV... We are happy to pay for personal services, even those that used to be considered private or domestic. A more cynical observer might say that twenty-somethings have grown up in a consumerist world where everything has a price - and so they don't see why sex should be any different.

Certainly, some of Colin's stories are eyebrow-raising. He describes seeing a woman who told him over the phone that she was trying for a baby with her partner, and that he was finding it difficult to perform under pressure.

"I began to get an inkling it wasn't just about the baby-making when the door opened and there was a very attractive 33-year-old woman, who was probably 5ft 10ins and athletic. Behind her... well, put it this way, they met at their university's rowing club when they were 20. She was a rower and he was the cox. He was tiny."

Colin felt perhaps she hadn't experienced an assertive, masculine lover. "I imagine it was a bit like a mouse crawling on top of her," he says. And as Colin began to massage her, she started to moan... "And bang! We broke through to uncover the primal woman underneath. She had four orgasms over about 30 minutes."

Her husband, who'd been watching, told Colin he had no idea he could >

be that rough with his wife. "I said, 'I'm not being rough, I'm being assertive. She wants to feel desired, and you need to *make* her feel desired."

In this context, what Colin does feels a bit like sex therapy. He says most of the women he sees are young, attractive professionals. Their reasons vary: low self-esteem, emergence from messy divorces, the desire to increase their sexual knowledge... He sees Middle Eastern women whose strict culture means they can't use Tinder or hit their local bar to meet men, and couples who are having trouble conceiving, for whom the pressure of regimented sex has killed the spark.

Above all, though, he sees women who've been hurt by previous relationships or are tired of the insecurity and rejection that comes with casual hook-ups. Psychotherapist Philippa Perry is among those warning that dating apps are encouraging us to treat other people as disposable. "Swiping left is almost like killing someone, blocking someone; it doesn't give people much of a chance," she has said. "It feels like a throwaway society."

If women do start a relationship, many then find the men in their lives can't satisfy them – a problem Colin partly attributes to online porn.

"The real nitty-gritty of sexual relationships isn't taught in schools," he says. "We learn by default – and unfortunately many [men] are learning through the internet." That's why many women are now taking their sex lives into their own hands.

### **Selling sex**

Colin sees himself as a therapist, helping women reconnect with their sexuality and feel better about their bodies. Because there are no formal qualifications to work in the industry, and no trade association, it's hard to estimate numbers, but more and more men like him are going public as the stigma around their work fades. Mike Lousada, who bills himself as 'the orgasm guru', regularly pops up in the



media; in 2010, he gave American feminist author Naomi Wolf a 'yoni massage' which she credited with curing her depression.

Colin believes charging more than £150 a session means he's treated with respect. "I don't want any Tom, Dick or Harry, or Sarah, Jane or Paula knocking on my door," he says. "I want people who genuinely think about it. If it's someone looking for a cheap thrill, it undermines what I do."

The women he sees negotiate their own way through the moral maze of paying for sex. One of them, a businesswoman from Essex called Rose, began to see Colin three years after separating from her last partner.

"I just wanted to experience touch without having to date," she says. For her, seeing Colin is like a turbocharged version of a GP appointment: where she can talk about problems and leave feeling more positive. "It's just like paying for a professional service like counselling," she explains. "It's improved my confidence as a sensual being. It's nice being spoilt."

Rose says that the fact that Colin looks very different from most people's image of a man who sells sex was a big part of the reason she chose



'My hand has got so tired I've had RSI the next morning'

him. "He was very upfront, telling me, 'What I do is a business.' The others I've met for paid sex seemed like gigolos. But I don't want 'wham, bam,' I want a connection."

Nonetheless, Rose has never wanted her relationship with Colin to be anything more than purely professional. "It's good that there's nothing else expected – in two hours, I'll be at my next meeting."

### What women want

It's notoriously difficult to estimate the number of sex workers – escorts, masseurs, lap dancers, cam girls and others – who operate in the UK, but the Office of National Statistics suggests there are around 60,000. Colin and other masseurs like him operate in a legal grey area.

Selling sex is not illegal in Britain, but many activities related to it are. If more than two people work out of the same address, for example, it can be classed as a brothel and raided by the police.

There are also ethical questions: should anyone have the right to pay for access to someone else's body – or *be* paid for that right?

Some of Colin's clients keep the balance in the dynamic by asking him to be naked too. And if a client wanted Colin to take it further, that's something he offers – if the circumstances are right. "If the massage becomes highly erotic and you want it to become fully sexual, it becomes a personal decision at the time for us both and is dependent on chemistry," he says, coyly.

In other words, if Colin's clients decide they want penetration, they just have to say so. Some also like to 'return the favour' and touch him back, although he insists what he does is "strictly business".

I tell him he must have a rare insight into what women really want – after all, they give a mark out of 10

to indicate how much they enjoy each type of stimulation he offers – such as using a blindfold or having their G spot massaged – before they see him. He laughs.

"When I got into giving massages to women, there was an element of misconception, I guess, that women were demure and wouldn't be nearly as upfront as men. How wrong I was."

Dru, 41, admits she enjoys taking control of the sex she has in her sessions with Colin. "I hadn't expected to feel so good about the idea of being touched intimately, but the massage seemed to go above and beyond the stigma," she says. "It was like going to your favourite hairstylist, knowing you wouldn't leave disappointed.

"The entire experience felt so natural, and Colin was able to help me relax into guilt-free pleasure that was purely for me and decided *by* me. Being totally selfish about my sexuality was liberating."

Colin certainly has no regrets about leaving his former life as a hotel manager in south Devon – where he was "Mr Traditional" in bed (his words) – to spend his days sometimes naked in Pimlico, unleashing women's primal energy. Although there is one drawback to his chosen line of work: "On occasions, my hand has got so tired I've had RSI the next morning..."

### 6

### BEHIND THE SCENES

Helen Lewis
is deputy editor of the
New Statesman and
a regular contributor
to Cosmopolitan

"The sex industry arouses (fnarr) strong feelings, so I was determined to go into this feature with an open mind. In the end, I was surprised by how passionate Colin is about his work, and how much he feels that he helps people. I'm not sure I'm quite over asking an interviewee, 'So how many women ask for internal anal stimulation, then?' It's certainly worlds away from my day job!"



## The INFLUENCERS



Meet The Influencers

– get the lowdown on our
style gurus, hot from the
fashion and beauty hub
at veryontrend.co.uk

### AMBER BEAUTY WRITER, REVEAL

"I make it my business to know all the stars' 'get gorgeous' secrets – from the *TOWIE* girls' tanning tricks to Kim Kardashian's favourite foundation. I've always got an eye for a bargain too – I love my budget beauty buys! My own go-to look? Glowy skin, rosy lips and (probably too much) mascara."

### HOLLY JUNIOR FASHION EDITOR, COSMOPOLITAN

"I produce everything from shopping pages to online style features, and you'll often find me running from appointments to press days and meetings. My own style is very simple, scandi-inspired... and comfy! Trainers and jeans are my wardrobe staples, but I do love a good statement dress."

### WENDY

ASSOCIATE EDITOR/FASHION AND BEAUTY DIRECTOR, REVEAL

"I oversee the celeb style, fashion and beauty pages – my job is varied and fast-paced, which I love. For inspiration I look to international catwalks, street style, Pinterest, films and exhibitions. Right now I love the '70s styles of icons such as Stevie Nicks, Ali MacGraw and Jerry Hall."

## CASSIE ACTING BEAUTY EDITOR, COSMOPOLITAN

"I love keeping an eye on the Fashion Week trends and finding engaging ways to write about them. I get my inspiration from magazines, films, Instagram, and especially my friends. They ask me beauty questions most other girls want to know too – chatting to them is like my market research!"

### KRYSTAL

"My favourite look is a sports-luxe top, leggings and crystallised trainers. I like a rock edge too – Gwen Stefani, Debbie Harry and Beyoncé are big influences. Last year I worked on *Cosmopolitan*'s FashFest and got to combine all my passions: mixing music and fashion with stunning visuals."

# JODIE FOUNDER OF NEW FASHION BRAND TORI MICHAELS

"I've always dreamt of owning my own fashion label, but when I left the London College of Fashion, my mentor told me, 'Work for someone else and learn, learn, learn'. My time with Ted Baker taught me so much, so I took the plunge and launched my own womenswear label for A/W15."

## JADE BEAUTY BLOGGER; WRITER FOR NAIL MAGAZINE SCRATCH

"This season I'm reaching for a deep plum lipstick, plus my must-have: false lashes. I'm also loving dark, oversized fur bags. Style icons? Kim Kardashian isn't everyone's cup of tea, but I love her flawless look."

# SIMMY BEAUTY AND FASHION BLOGGER AT THOSETWOGIRLS

"My style is all about comfort. I like to switch from joggers and trainers for running errands in the day to a flared skirt and crop top for the evening – but as long as I'm comfortable in what I am wearing, I feel good."



#### CHECK OUT THE INFLUENCERS

Opposite page, clockwise from top left: Amber, Holly, Wendy, Cassie. This page, clockwise from top left: Krystal, Jodie, Jade, Simmy. Head to veryontrend.co.uk for our Influencers' top tips and trend picks for the hottest A/W15 looks.

# Queen of the CATWALK

Getting your head around the new season can be tricky, but have no fear – here are the three trends you need to know about and how to wear them

BURBERRY

#### '70s

The '70s are back - with a bohemian, folk-inspired twist. Think fringing, floaty florals, suede and a texture overload - but don't forget your staple: chunky knits. Burberry was all about the poncho and patchwork boots. The romantic silhouettes and layering at Chloé proves you can rock a maxi dress this winter. Look to Gucci for retro workwear inspiration, with wide-legged trousers and flats your Granny would love. Add sass with sheer prints and subtle lace touches.





Arty and folksy, this is such a great look for autumn and winter as you can layer it up

#### IN ASSOCIATION WITH VERY.CO.UK

#### **RED**

Vibrant reds are having a revival

- but an elegant one. Feminine,
 '50s-inspired tailoring, stiff
 collars and rollnecks layered
underneath subtle prints will give
you a very Parisian-chic style. Or
go for a strong colour-pop dress
with complementary vintageinspired accessories. Keep
your hues matching, and add
touches of black for a luxe look
à la Marni and Hermès.

For the not-sofashion-brave, pick a pattern where red is the dominant colour, and accessorise accordingly

> STELLA McCARTNEY



Super-slick and simplistic, a spectrum of white to grey to black is all you need for that borrowed-from-the-boys feel that was all over the catwalks. Structured silhouettes and basic shapes are all-important here.

**HERMÈS** 





The key with this look is footwear: flats or heels, the chunkier the better. Keep your hair sleek; add a smoky eye and a nude lip











'A beautiful, smart look for Superfoxxes this autumn/winter' krystal

#### SMARTY PANTS

Manuela wears: Jumper, £28, River Island. Trousers, £24.99; shoes, £39.99, both H&M. Glasses, £128, Ray-Ban. Belt, £19.95 Massimo Dutti

Ellen wears: Dress, £59, Very. Shirt, £165, LK Bennett. Jumper, £25, Limited Edition at Marks & Spencer. Shoes, £185 Russell & Bromley









# Wake up and

Whether you err towards au naturel, or like to indulge your inner goth, this season's makeup at very.co.uk is suits-all beautiful

FEELING FRESH

Say hello to radiance and glow with a super-enhanced beauty look that's as far away from made-up as you can get. Team subtly shimmering lids with a flawless but not-too-caked-on base (plus a few other barely-there essentials), and you've nailed au naturel.

#### **ILLAMASQUA LIQUID METAL PALETTE, £34**

These easy-to-apply cream metallics add an eye-catching sheen to lids, and can be layered for a more intense colour hit for evenings.

#### **NAILS INC GEL EFFECT IN COLVILLE MEWS. £15**

High-shine gel is the nail effect of the moment, and this pink-beige polish screams pretty chic.

#### **DKNY BE DELICIOUS FRESH BLOSSOM EDP, £49**

Enjoy DKNY's signature apple scent, surrounded by sparkling notes of grapefruit and apricot, with an alluring heart of rose.

For this minimalist makeup look, use an old, clean mascara wand to run some clear lip balm through your brows' AMBER



ROUGE EDITION

Velvet

#### **GLAMGLOW BRIGHT MUD EYE TREATMENT. £45**

Eyes don't lie after a heavy night, so try this refreshing wipe-off treatment to target dark circles.

#### **BABYLISS BOUTIQUE SOFT WAVES. £40**

Softly does it when it comes to carefree hairstyles. Skinny wands will create a very 'done' ringlet, while this large-barrel tong will give enviable and effortless waves.

Good skin is the perfect base. Take the time to find a mask that suits your needs and treat yourself to get the glow you want'

#### RIMMEL LONDON WAKE ME UP FOUNDATION, £9

Dull, tired-looking skin is something we all suffer with from time to time, and this foundation really works at adding instant radiance

**BOURJOIS ROUGE EDITION VELVET IN HAPPY NUDE YEAR, £9** 

Pretty up your pout the natural way with a wash of warm beige colour.

#### **DELICIOUSLY DARK**

The rebels among you might feel drawn to the dark side. Think dark berry lips and smudged night-before eyes. Keep skin luminous, like you've just stepped off the dance floor, and load your lashes as if mascara is going out of fashion.

Nervous about trying this look? Focus on just one feature: bold brows or blackcurrant lips'

GUCCI GUILTY BLACK LADIES EDT, £58 Addictive notes of pink pepper,

Addictive notes of pink pepper, violet and raspberry combine to create a fierce yet feminine scent that will linger all night.

OPI NAIL POLISH IN
MIDNIGHT IN MOSCOW, £13

Almost-black nail colours were a firm favourite on this season's catwalks. We love the seductive dark cherry undertone of OPI's take on the trend.

MAYBELLINE MASTER SMOKY PENCIL IN SMOKY BLACK, £6

This chubby pencil is all you need for rock 'n' roll eyes. Apply the rich kohl colour along lids, then smudge it up with the sponge on the other end.



MAX FACTOR SKIN LUMINIZER
FOUNDATION, £12

Matte foundation gives skin a polished finish. A dewy, lived-in complexion will keep things looking effortless, and this is the base for the job.

'Bye bye, summer! I love the Barry M lip paint in Black Cherry - I instantly feel glam when I wear it, and the best thing is it suits all skin tones'

JADE

BARRY M LIP PAINT IN BLACK CHERRY, £5

Blackcurrant lips may sound like a scary trend, but trust us, it's surprisingly wearable. Keep your lip line sharp with a matching liner.

> L'ORÉAL PARIS BROW ARTISTE PLUMPER, £6

Available in three different shades, bold brows are yours in just a few swipes with the help of this magic wand and its hair-enhancing tinted fibres.

TIME BOMB COMPLEXION COCKTAIL B12, £24

Low-maintenance girls will love this instant skin booster. It's packed with high levels of vitamins and amino acids, as well as hydration hero hyaluronic acid.









cosmopolitan  $\cdot$  159



ou never want to be told by a compete stranger that you'd make an ideal candidate for Botox. But that's what happened to me as I entered a west London beauty clinic, a place of arching orchids, mellifluous Balearic beats and vials of Botox.

The stranger in question was a slim, blonde woman who could have been no more than... well, anywhere between 28 and 45. She had more letters after her name than lines on her face, and the overall effect was one of, not youth exactly, but a startling blankness. "I started when I was 27," she said, by way of an explanation.

For the record, the years have been relatively kind to my face. I'm 28 and still get asked for ID buying alcohol. Sure, there are contour lines here and there on the upper reaches of my forehead, but that's it. But then that's not the point. Today, we live in a world of prevention – preventive medicine, preventive nutrition and now preventive beauty, where non-surgical cosmetic treatments are performed long before lines appear,

as a way of delaying the need for more invasive work down the line.

Sure enough, the blonde impressed upon me that my lines would worsen if untreated, and that to really benefit from Botox, I'd need to have it before the fissures of age set in. I nodded and took a sip from the bottle of Evian handed to me on the way in. Its slogan, 'Live young' seemed suddenly so apt.

#### Selfie culture

Five years ago, actress Carey Mulligan admitted her dermatologist had recommended she have Botox to reduce the fine lines under her eyes.

"Only in LA would someone try to give you Botox when

give you Botox when you're 25 years old," she said at the time. But that's no longer the case.

Here in the UK, there's been a huge shift in the numbers of women under 30 using botulinum toxin – commonly referred to as 'Botox,' even though Botox is actually just a brand of the toxin (In the

brand of the toxin. (In this aricle when discussing all botulinum toxins we – as do many of the clinicians we spoke to – use the generic term 'Botox'.) The Private Clinic of Harley Street reports a 34% rise this year alone in the number of 20-29-year-olds having Botox treatments, compared to 2014

- the biggest among all age groups.

Thanks to our obsession with social media and celebrity culture, millennials are more narcissistic than previous generations; an entire demographic of young men and women consumed with self-image, self-promotion – and self-doubt. Look at any film, TV show or celebrity mag and you'll notice something different about how a famous twenty-something looks today. Kylie Jenner (whose influence reaches far and wide with 34.5 million-plus Instagram followers) recently admitted her Michelin-tyre lips are the work of fillers. She's only







18. And tune into an episode of *The Only Way Is Essex* and you'll see the blank stares, ice-rink foreheads and pillowy cheeks that are the hallmarks of Botox and filler treatments.

"I tried Botox when I was 29," says TOWIE star Chloe Sims, now 33. "I think that's quite late compared to how young girls are using it today. Now everything is about body image – there's so much on the internet that I didn't have access to when I was 18."

It seems the use of Botox by wellknown personalities is having an effect on their audience too. "Watching TV, all the women look amazing," says Isabella\*, 31, a marketing manager who's been having injections for her 'crow's feet' every four months since her late twenties. "I used to worry that I looked a lot older than other girls my age. Expensive creams didn't seem to help, so I took drastic action. Botox is an instant fix." Still, Isabella isn't the youngest in her social group to take this step. She has friends as young as 22 who use injections as a preventive measure.

"Had I known it could be used in this way 10 years ago, I probably would've done it sooner," Isabella says.

Lara Chandler *did* start in her early twenties. For almost a decade she spent around £500 a year on facial injections – mainly in her T-zone, the corners of her eyes and forehead. But when she moved out of her parents' home and into her own flat aged 30, she could no longer afford it.

"I'd have loved to have it as much as possible, but budget-wise, I couldn't," she says. "So I started wearing a bit more foundation on my forehead and creams that give my skin a nice lift, but it isn't the same as having a face full of Botox."

And since she's stopped? "I feel that I look old and tired now," she says. "I try not to hang out with younger

people too often. I'm always comparing myself to 22-year-olds."

#### Playing with fire?

Long-term consequences
of turning to injections
before 30 are hard to
predict. Remember, it
hasn't been around all
that long. In 1989, the
US Food and Drug
Administration approved
it for the treatment of
uncontrolled blinking, then, in

2000, for neck spasms. It wasn't until 2002 that it got the green light for use on age-related lines. People were initially sceptical about injecting what's essentially a poison (Botox is a neurotoxin produced by the bacterium clostridium botulinum, which paralyses muscles). But that fear has abated. Now, Botox is by far the most

popular non-surgical procedure in the world, with around 6.3 million people having the treatment in the US alone in 2013. But how can we be sure about the possible effects of a procedure that has only been around for just over a decade? Recent pictures of the actress Lara Flynn Boyle – thought to be a user of fillers and Botox – have emerged, in

which she looks older than her 45 years. The cause is unknown, but some surgeons have attributed the unnatural sagging of her facial muscles to overuse of the treatment (paralysed muscles can become lazy and underdeveloped). So what does that mean for twenty-somethings?

Dr Arthur Perry, a professor of plastic surgery at Columbia University in New York, thinks it's ridiculous to start using Botox too young.

"Collagen, the structural layer of the skin, increases in thickness up >

'The unnatural sagging of her facial muscles has been attributed to Botox overuse'

to age 20," he explains.
"From 20 to 30 it maintains that thickness. But it's impossible to *increase* collagen beyond the normal physiological amount, so until it starts decreasing in thickness – which it does at a rate of just 1% per year from the age of 30 – it makes no sense to use Botox.

"One *can* begin using Botox before wrinkles appear, but not until a reasonable age, such as your mid-thirties."

One side effect is muscle atrophy, or thinning of muscles, caused by lack of use. "It leaves a very skeletonised appearance," says Dr Darren McKeown, a Botox specialist with clinics in Glasgow and on London's Harley Street. "The eye area begins to look very harsh. Despite there being no lines or wrinkles in the area, there's something that's not quite right. You see it all the time on programmes such as *The Only Way Is Essex*; girls who have line-free faces but look much older than their years."

'Compensatory wrinkling' is another problem. This happens when some muscles in the face work extra-hard to compensate for those that have been frozen, creating new wrinkles. So one area might look smooth and youthful, but another looks older, especially in comparison. "In general, you shouldn't treat just one area at a time - it throws things off balance," says Dr Tamara Griffiths, consultant dermatologist for the British Association of Dermatologists. "As a clinician, of course you acknowledge what's concerning the patient, but they may be very focused on one problem. It should be more about the holistic approach."

Celebrity facialist Nichola Joss agrees: "Over 15 years, I've seen clients with Botox-treated muscle atrophy – their muscles lose



### WHO'S HAD WHAT?

Cosmetic surgeon Dr Tijion Esho gives his verdict on these well-known twentysomething women

#### Lindsay Lohan

Looking at Lindsay, you can see that her eyebrows are sitting in a lower position than they normally would, which means the upper eyelids are starting to hood the eyes – a key sign of too much Botox. It looks like she's also had her lips done at some point too.

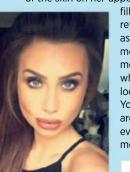
#### Jessica Wright

The big thing that stands out here is the lack of expression in Jess's face. Her startled look suggests too much Botox. It's usually topped up every four to six months, but Jess may be going more often. When someone has too much Botox, they should wait up to

six months for the toxins to wear off. If there is an imbalance (ie, one eyebrow higher) small amounts can correct it. I think she's had lip work done at some point too, but not a massive amount.

#### Lauren Goodger

I would say Lauren has had Botox because of the waxy appearance of the skin on her upper face. Cheek



fillers too – they retain water, and as the body has more water in the morning, that's when your face looks puffiest. You're looking at around £1,250 every four to six months for this.

volume, which has a slackening effect on skin's tone and texture. It leads to less-defined contours – which makes you look older before your time."

Isabella has experienced this. "When I smile, I now get crinkles under my eyes," she says. "You've got something smooth [where she has Botox on her crow's feet] compared to something aged, so it stands out. I'm looking into how to get rid of that now. It's ongoing," she laughs.

"That's another thing," adds Dr Griffiths. "If young women get started now, what will be the end point?"

And there's a further worrying issue. A study published in the journal *Social Psychology And Personality Science* found that women who have had Botox could be less sensitive to the emotions of others, as their inability

to produce empathetic facial reactions actually alters their brain chemistry. "These are preliminary studies," says Dr Griffiths, "but I'd go against having too much Botox at a young age. You just don't know what the psychological implications may be."

As for me, I didn't return to the clinic. I'm at peace with my lines. Yes, they'll

grow and deepen, but then I would rather have wrinkles in the places they're supposed to be. 'Live young'? Of course. But *look* young? I think I'll let nature decide.



#### BEHIND THE SCENES

## Harriet Thurley Cosmopolitan Features Writer

"To research this feature I actually went to a couple

of different clinics. What shocked me was that, in each case, within minutes I was given identical advice: 'Get Botox'. Even more shocking than that, however, was the number of young men and women I know who have since admitted that they regularly have these treatments."





#### **COSMOPOLITAN PROMOTION**



ABOVE: Gilet, £25; shirt, £14

LEFT: Cardigan, £16; blouse, £14; pendant, £5

For spend-savvy fashion tips and ideas, visit Fashionunexpected.co.uk



#FASHION UNEXPECTED



# You're 21. dating, and thenyou get cancer. (Oh Shit.)

**SOPHIE VAN DER STAP** on the one thing no woman wants to explain on a first date...



# Now you can

have sensitive tooth care and whiter teeth.\*



Sensodyne True White cares for sensitive teeth and is 10x less abrasive than many everyday whitening toothpastes.

he dimness of the bar gave me the anonymity I craved. Scanning the room, my eyes settled on a smart, grinning man in a tie, standing alone. Inside I was terrified, but I threw myself into battle, edging away from my friends and closer towards him.

Shouting over the music, I told him my name was Sue, and that I was on a gap year. We talked about where

I kept thinking

that I might

die without

meeting the

love of my life"

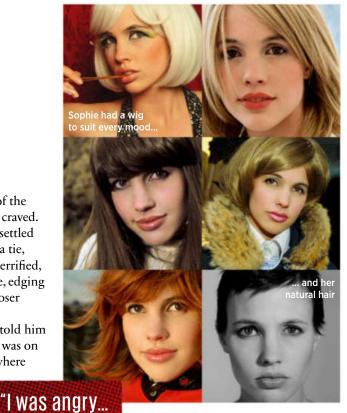
we lived, our hobbies – nothing serious. And then, after he'd bought me my fourth mojito, we kissed. That kind of drunken, reckless kiss that only happens at 1am in a bar. His hand brushed my hair as he pulled me in for a second time, and I

remember wanting to laugh.

We shared a cab home, his head resting drowsily on my lap as I stared out of the window. We exchanged numbers, but I told him I was going on holiday – catching a plane to Marrakech the next day.

Closing my front door behind me, I pulled off my red wig and stared at my bald head in the mirror. Sue, the girl on the dance floor, was the fiction. This was my reality. I didn't feel like I'd lied to him; just that I'd been escaping my own life for a few hours. Because I wasn't going to Marrakech in the morning, I was going to hospital for more chemotherapy.

Cancer is a lonely disease, especially when you're 21. My parents and



elder sister were really supportive – and my friends were too – but the truth was, everybody else was getting on with their lives.

Six months earlier, I'd thought I was invincible;

my life was full of choices and possibilities. But then I went to the doctor complaining of shortness of breath, weight loss and a few strange aches. After a flurry of tests, I was diagnosed with rhabdomyosarcoma, a rare cancer of the connective tissues. It was advanced, but at first the doctors weren't sure whether they could help me. All they could do was blast me with chemo to shrink the tumours around my lungs and liver.

Instantly, all control I'd had over my life was gone. All those choices I'd had to make – where to study, who to date – disappeared. I was just a frightened, helpless body being pushed through the healthcare system. I tried to go

back to university, where I was studying political science, but I couldn't focus. And as for dating - that was out of the question. I felt disgusting. The treatment made my face puffy and my arms swell. 'Chemo sweat' drenched my clothes so often that I had to change my T-shirt several times a day. By the time all that wore off, my dark-blonde, shoulderlength hair had started to fall out. Cancer was threatening to take my life, but first it took my identity. I barely recognised myself.

It was hard not to be angry. It sounds stupid, but – besides leaving my friends and family

behind – all I kept thinking was that I might die without meeting the love of my life. I'd never really wanted the conventional things in life – marriage, a mortgage, children. But I *did* believe in dating, and love. And you don't get many men asking you out on the chemo ward.

Three months after my treatment began, I got a text from Harry\*, a guy I'd met at a party pre-diagnosis. I texted back immediately, feeling a pang of excitement. Before I had a chance to wonder whether it was the right thing to do, I had a date. The thought of it half killed me with nerves, but I couldn't cancel. Maybe this was what I needed – normal interaction with a nice, genuine guy? I wanted to feel like part of the human race.

I tried to keep a lid on my terror, spending ages perfecting my makeup and preening my long, blonde wig, hoping he wouldn't clock it looked different. I taped it firmly in place.

He'd invited me to his place for dinner. My friends cooed over >

that, saying it was thoughtful. I wasn't convinced – what if it was more of a 'booty call' situation? Either way, I showed up, sweaty and nervous. My worst fears were confirmed. "Did you get a haircut?" he asked, as he opened the front door. And then – before I could answer – "It's just, your hair looks kind of... wiggish..."

I felt naked. No, worse – transparent. I didn't say anything,

his words eating away at me until my eyes began to sting. He dressed the salad and chatted away, totally oblivious.

I felt so vulnerable as we sat there picking at our Quorn sausages on his sofa, plates awkwardly balanced on our laps, that I ended up blurting out the whole story to him.

"I still want to kiss you," he said afterwards. "You're still Sophie."

And so, lame as that line was, I did. It was clunky – his hands stayed awkwardly still throughout – but that night, I went home

feeling a weird rush of excitement and relief. It was like I was still in the game – that somebody, thank *god* – still fancied me.

I didn't date Harry again after that (frozen sausages on a first date? *Really*?), but that was the day I felt like I got my mojo back.

As the months passed, I began to get into the rhythm of my new life, having chemo every three weeks. On days one to 10 I would feel like shit, but then my energy slowly returned. During that small window, I'd force myself to go out and meet friends for dinner, or join them at the pub. Wearing my wigs (I built up a collection of nine), I convinced myself nobody was staring, or even noticed that I looked different. But I was careful – I didn't

drink much, or stay out late often. My blonde wigs got the most male attention. I even managed to pull in a coffee shop once, wearing a super-fake platinum number. A guy bought me a drink, made terrible jokes and tried (unsuccessfully) to get my number. I pretended to cringe, although I can't lie, I enjoyed it.

But I slowly realised getting a date wasn't the problem. It was what

Sophie with her own hair, after beating cancer

"I felt a rush of excitement happened next. Because of excitement

happened *next*. Because it's one thing to flirt and kiss, and another to really let someone into your life. As soon as you do, the parallel world you've built disappears.

The only person I really let get close to me during this time was John\*.

John was cute. Messy hair, gorgeous face, incredible arms, but also a really decent guy. And he'd just come through cancer himself. I met him through a friend of my mum's, and he soon became my 'cancer-coach'. Only he could truly understand what I was going through.

Every time we met, I fell a bit more in love with him. And every time,

I said nothing. Partly because he had a girlfriend, but also because I couldn't bear the thought of losing his friendship. John came with me for my scan results, 10 months after my diagnosis. He was sitting next to me when the doctor said the words, "You're clear", and he watched me sob with relief.

The following night, he joined me and my friends on a night out

to celebrate. Bubbling up with relief and excitement (and maybe a few beers), I finally told him how I felt. His reply? "I think we're better as friends." *Friends*.

I felt winded at first; mortified second. But a few days later – after the initial sting of rejection had worn off – I actually felt relieved; like I could move on. And isn't that what life is all about? Getting yourself out there; telling people how you feel; trashing your heart and then heading out to do it all again the next day? That's living. Well, it

is to me. And suddenly, I felt like I had plenty more of that left to do.

John died a year later – his cancer returned. I was devastated – it felt like part of me died with him. My days with him – and with all the guys I dated, actually – were a means of escape from a world

of sickness and tumours; the flipside of reality that kept me full of hope. So thank you John, my wonderful friend. And thank you, mojito pusher, Harry of the Quorn sausages fame, café guy and all the other men I raised a glass with along the way. We may not have gone the distance – and I'm happily single now – but you all played a big part in saving my life.

that somebody

still fancied

moio back"

me... I had my

\* The Girl With Nine Wigs: A Memoir by Sophie van der Stap (£8.99, Vie Books) ◆



# Lingerie LOVELINESS

Stop letting your underwear choose you no matter the time of the month

If you're sick of not being able to wear all those pretty knickers you've got in your drawer whenever the hell you feel like it, then listen up, because Bodyform has the answer to all your problems. Multistyle Liners have been designed to work all month long, to keep you feeling fresh, clean, confident and on top of your game, day in, day out. Bodyform knows everyone's lives are busy, so the liners have been cleverly designed to fit seamlessly into your life (and your knickers), no matter what the occasion may be. There's no more

need to break out your granny pants or compromise your favourite pair of pants with these liners either, because they're super-flexible and will fit into and around any type of underwear - including the laciest thongs and French knickers. We know, right? It's basically magic.

#### WORN YOUR WAY

Bodyform Multistyle Liners use Curvefit: a unique, flexible design that helps liners fit comfortably between your legs, plus adhesive sides so they stay in place, no matter how much you move around. They're individually wrapped too, meaning you can stash them in your handbag, ready for whenever you need them. Genius!



FRENCH KNICKERS Pretty, practical, elegant and lacy. Our favourite type

#### RRIFFS

Super-comfy, but their brightly coloured lace is a world away from Bridget Jones pants.

is perfect under any outfit.





# SINGLE? SETTLED? WE'VE GOT YOU COVERED



#### THE STEALTH TOY

Is it a deluxe paperweight? A decadent upgrade on your computer mouse? Or even, dare we say, the latest take on Harry Potter's golden snitch? Nope, it's a 'stealth' vibrator. Beautiful, compact and designed with the busy, on-the-go woman in mind, the new generation of subtle self-pleasure toys are one part stress reliever; two parts status symbol. Sex-toy company Lelo is doing roaring business with its gold-plated offering (pictured here, from – deep breath – £1,890). Meanwhile Crave has had sell-out success with its new Vesper, a slim, polished vibe that hangs from your neck with all the nonchalant chic of an Alex Monroe pendant. So next time you find yourself on the 8.20 from London to Glasgow, we can think of a far better stress reliever than mindful meditation...



'The night didn't end after dinner...'

Toby was two years above me at school, but we hung out in the same circles. He always made me laugh - plus he was a drummer, which I thought was cool. When Toby asked me out he simply said, "I like you, you like me - let's go out." I was 15, and

amazed it was so easy to get a boyfriend. Back then, 'love' felt like a really big word, and I never told Toby I loved him - but I did. One day, he gave me a

bunch of flowers – my first ever. They were cheap, but I kept all the fallen petals in a box. I've still got them now. We'd been together six months when he broke up with

me by text. I sensed his best friend didn't like me, and perhaps that played a part, but I was devastated. In the 13 years since, I've had other relationships, but still think about Toby. We've bumped into each other a couple of times and promised to go for a drink, but never have.

When we met for dinner, I was excited and nervous. I kept thinking, 'Please don't let this be awkward.' I noticed he'd filled out a bit – a good thing, as he used to be so skinny. He had some facial hair too, which I liked. And the evening wasn't awkward at all - with Toby, it was never going to be. He still makes me laugh and has the same mannerisms, except he seems much more mature now.

Afterwards, we held hands as we walked to a pub. Then,

before I got a taxi home, we kissed for old times' sake. I texted him the next day saying, 'Sorry for jumping on your face, and he told me I had nothing to apologise for. I've always thought Toby was great - now I know he still is.

#### Would you see him again?

I already have! He's a good guy and still has the amazing sense of humour I fell for. I'd be more than happy to hang out - as friends though: the romance isn't there anymore.









#### 'Our relationship set the bar high'

Toby Russell, 30, is an operations manager from Hertfordshire

My relationship with Katie was a typical teenage romance. I was attracted to her laugh – anyone who can joke about themselves is a winner for me. Our first proper kiss was at a roller disco I'd organised.

I'd strategically invited her so I could make a move!

The two-year age gap caused quite the scandal among our friends, and made me feel protective of her. When I went on a trip to Canada for a week (which at that age felt like forever), we wrote each other soppy emails saying, 'I miss you', which I printed off and kept in a memory box.

Saying 'I love you' felt like a massive deal back then, and I was so hung up on being 'macho', I never told Katie how strongly I felt. Our break-up was a combination of peer pressure and fear of a long-term relationship. Despite being the one who ended it, I was really upset, and later I regretted being so hasty. Every relationship becomes a benchmark you judge others by. Retrospectively, my time with Katie made me see how hugely important it is to be with someone who gets your sense of humour.

On the day of our date, despite having a horrendous hangover, I was really looking forward to seeing her again, and it was as good as I'd hoped. Katie is still beautiful, although I didn't feel anything romantic towards her. That said, I can see myself dating somebody like her in future.

There was an unexpected kiss at the end of the night, but a gentleman never tells... so I'll leave it at that.

\* Would you like to be reunited with your first love? Email us at first.love@ cosmopolitan.co.uk.

#### Would you see her again?

Absolutely – in fact, we've already been for another drink. It was easy hanging out with Katie after so long and it's great that we get on so well. But just as mates.

# MEET THE UK'S BEST BLOGGERS

The shortlist is in — now help us crown the super-bloggers of 2015 by voting in this year's Cosmopolitan Blog Awards

ast issue, we launched the 2015

Cosmopolitan

Blog Awards – and now we have a shortlist of our go-to bloggers, vloggers, Viners, Instagrammers, tweeters and other digital superwomen. Want to have your say in the next stage and help decide who takes home a gong? Then go to Cosmopolitan.co.uk/blogawards and vote for your most-loved internet stars. We had over 46,000

nominations in 2014, and some of our previous winners have even been offered partnerships and book deals with top brands.

Voting for the awards starts on Monday, 5 October – and this year the event has been given added zing by our sponsor, Blossom Hill Belle Blush, to celebrate its exciting launch. Don't miss the chance to make your vote count!



#### WIN!

Fancy the ultimate girls' day out PLUS four tickets to our exclusive awards party? Cosmopolitan has teamed up with Blossom Hill Belle Blush to treat one lucky reader and three friends to an exciting day of indulgence. To enter, and for terms and conditions, go to Cosmopolitan.co.uk/blossomhill.





Sex and the Single girl

# Confessions of a dating disappearer

'Ghosting' might making breaking up easy - but is it OK. asks LAUREN FRANKLIN

'Yes, the

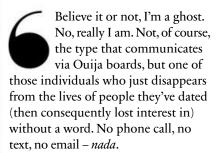
truth would

but being left

have hurt.

wondering

was worse



It all started after an especially nasty breakup, which my ex took very badly. I decided the ghost approach would remove the risk of further emotional trauma, and it's a model I've used in my dating life ever since.

But recently, a friend of mine was ghosted and she was not happy. It was only when I found

myself getting angry on her behalf (how dare he just disappear?) that I suddenly got terrifying clarity on my own situation. Maybe this method of romantic extrication was more hurtful than harmless and I wondered if maybe I should give honesty a go instead. So I did something unexpected: I contacted a past victim.

His name was Barney\*. We'd dated for two months before I realised the chemistry simply wasn't there and decided to do my disappearing act. His next few messages after that had been jokey ('Are you alive?') But the final one just said, 'OK, I get it...'

Did I feel guilty at the time? Of course I did. Deep down I knew it was cowardly, but I decided that he wouldn't be that bothered; after all,

> we'd only met on Tinder... But now I wondered if it could have been more of ready to admit.

When I called Barney out of the blue, he was surprised, to say the least, and asked in mock horror whether I was pregnant. "Oh, totally," I deadpanned. "But also I think I owe you an explanation."

me disappearing.

Barney's response was an eyeopener. He hadn't been dating anyone else, and hoped things might develop between us. By vanishing, I'd made him paranoid that he'd done something wrong. I felt terrible -

ghosting had been a way of protecting my feelings, but in the process I'd been hugely careless with Barney's. "Yes, the truth would have hurt, but being left wondering was far worse," he admitted.

218

Luckily, Barney accepted that I never intended to hurt him, and I hope I returned him to the dating scene feeling a little less bruised. Because sometimes, it's important to realise you might be the bad guy.

an issue for him than I was

#### Are you our next Sex And The Single Girl?

Ever read this column and thought, 'I have a crazy sex life and am willing to share those details with Cosmopolitan for the good of womankind? If so, this column could be yours. If you're totally honest, upfront and funny and a UK resident aged 18 and over, you could soon be reporting for us from the front line of modern dating. Terms and conditions apply: for full details, and to enter, head to Cosmopolitan.co.uk/ column, and tell us in no more than 200 words why you'd like to be considered, then regale us with your (single) most memorable relationship escapade.

We'll take it

from there.

We agreed to meet up. In the pub, I confessed that, to protect my conscience, I'd convinced myself he'd been dating other women at the same time as me. That he'd be fine about

COSM

For the past few months we've been following three Cosmopolitan readers -Hanako, Portia and Billie - on their journey to great hair. Here's how they've been getting on...

When it comes to finding exactly the right products to care for your hair, one size will never fit all. But there's no reason why unruly locks should be the bane of your life, and that's why Tresemmé has three specialist ranges tailored for different hair needs. And for the past three months we've been following three girls: actress Hanako, makeup artist Portia and yoga teacher Billie, to see what difference using the best products for them really makes, and how their new hair-care routines have managed to fit into their super-busy lifestyles. Read on to discover how they've been doing...



SHINY, HAPPY HAIR

"The Oleo Radiance collection has changed my hair. The Oil Elixir (£8.99\*) in particular is my go-to for soft, shiny locks - it absorbs quickly and doesn't leave them feeling or looking greasy."







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"Using the Tresemmé 7 Day Smooth collection has made my hair smoother. less frizzy and easier to manage. The Heat **Activated Treatment** (£6.99\*), used in combination with my straighteners, keeps my hair smooth for up to four washes."\*\*



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## **WORST DATES EVER**

We've all been there...



We were going
bowling and he asked why
I was wearing trainers, because,
"Girls are supposed to wear
heels." Then, when I ordered
a beer, he said, "Girls
shouldn't drink beer."

**IRIS, 34** 



On the first date, he told me we would be having three children, one every 18 months, and not to worry because he'd get me a nanny... All over starters and wine.

MARIA, 27



AFTER DINNER, WE WENT BACK TO HIS PLACE. HIS EX SHOWED UP WITH A GOLF CLUB AND SMASHED HIS WINDOWS...

**TERALYNN, 25** 



HE GOT US KICKED OUT OF A CONCERT FOR STARTING A FIGHT, THEN CALLED HIS EX, CRYING, ON THE DRIVE HOME.

SHANA, 28



When he showed me something on his laptop, his desktop background was my Facebook profile photo! I barely knew him, and couldn't get out of there quick enough.

RACHEL, 27



On our second date, it came out that I'm bisexual. He whipped out his phone in the middle of the restaurant and played a porn video of two girls getting it on.

LAURA, 26



W.

Out of nowhere, he told me he 'used' to have a cocaine problem, but now only used it on 'special occasions' – including the brunch that we were having.

SYDNEY, 24

We were sharing nachos when he told me, 'Be careful - all that cheese is going to go to your hips.

**KELLYN, 27** 

#### **FERAL FACTOR**



NAKE IN THE GRASS





MAD DOG



Framboise Noire

= HEART OF DARKNESS =



SHAY & BLUE







SB



# BEST SEX EXECUTE EVER WAS...

#### with a global superstar

When Sarah\*, 23, went to see one of the biggest pop bands in the world, she ended up with access all areas...

Straddling Toby\*, I pushed my hands against his rock-hard chest, using it as leverage as I bucked my hips back and forth. His fingers brushing against my clit, I felt an orgasm building. Toby wasn't the best lover ever – but knowing millions of women would have killed to take my place was enough to send me spiralling over the edge...

Toby is a member of one of the biggest pop bands in the world. You know his real name. You've seen his face on TV and in magazines. You've probably hummed along to one of his hits. So it still seems incredible to me that we slept together regularly over the course of nine amazing months.

Weirdly, before I slept with him, I wasn't a huge fan of Toby's band. It was my friend Emily\* who was really into them – she even followed their security staff on Twitter, and was eventually offered backstage passes to one of their gigs.

She invited me as her plus one, and when we arrived at the venue in London from Oxford, I quickly got swept up in the excitement. Outside the club, the street was heaving with fans, desperate to catch a glimpse of the band. We tracked down the security guard Emily had befriended, who handed us Access All Areas passes. "Cover them up when you go in, otherwise they'll be ripped off your necks," he warned. Weaving through the crowds, we found our way to a VIP balcony, where friends and family of the band were

watching the gig.

Of all the guys in the

band, I'd always thought
Toby was the hottest. And
tonight, he looked so fit
in his jeans, vest and open
shirt, I couldn't help but be
drawn to him. Even though
you could hardly hear
them over the screams
from the audience, the
band's set was incredible

- I was an instant convert. Afterwards, still buzzing,

we headed backstage. I snuck out of a back door for a cigarette. It was chilly and I was about to head back in when I spotted Toby coming outside and decided to stay for one more...

"Hi," he said, looking sheepish as he lit up. "What's your name?" We started chatting, and as he finished his cigarette Toby asked, "So... can I get your number?" I was surprised, but didn't hesitate as he typed it into his phone.

Heading back inside, I found Emily, who was chatting to the rest of the band, looking like she might burst. We carried on mingling with the small crowd backstage, enjoying

> drinks from the free bar while I kept half an eye out for Toby. Then, at 2am, my phone buzzed.

'Do you want to leave?' read Toby's text.'I'm going soon, but you can stay at mine if you like.' I felt the thrill of pure adrenalin sweeping through me.

'Okay', I replied, trying to sound casual. 'But my friend will have to come too'.

Toby offered to book us a cab and meet us at his

place, and Emily must have phoned 100 people by the time the car swung through the gates of his expensive apartment block. Neither of us could quite believe what was happening.

Buzzed up into Toby's enormous flat, we sat on a squashy sofa in the >



living room, which was stuffed with box-fresh pairs of trainers. Chatting to Toby and his housemate, sipping tea, I tried to sober up a bit, knowing the direction the night was heading in.

An hour later, I checked my phone and realised I had a text - and that Toby wasn't in the living room any more. 'Come upstairs', it read. I made my way up, my heart thumping, and pushed open the only door that was ajar. I'd recently come out of a long-term relationship and had never even had a one-night-stand before, so this felt completely new - but I was totally ready for it.

Toby was standing in his bedroom wearing jeans and a vest, in front of a floor-to-ceiling photo of the New York skyline. As soon as I walked in, he grabbed me, kissing me hard. I was wearing tiny black shorts, but they were soon torn off me; the zip broken in his haste to have me.

I unbuttoned his shirt, then his jeans, and when we were both naked, he picked me up and threw me onto the bed. Rolling me on

my front and kneeling behind me, he gripped my hips, lifted them up, and pushed inside me, making me gasp.

He was huge; I'd never been with someone so big before. I was so incredibly wet, it didn't hurt, but it was amazing how full I felt. As he thrust, he grabbed a fistful of my hair. He was totally in charge - but I realised I was enjoying it as, over the

next two hours, he moved my body into whatever position he wanted.

After he'd come, bucking into me hard, he still wasn't done. As his mouth headed down my stomach, kissing and nibbling, I tensed up. "Relax – just see if you like it," he smiled, before licking me gently, in a way I'd never felt before. As well as his sexual confidence, knowing that



the man between my legs was a megastar was a huge turn-on.

'Knowing the

man between

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a megastar

was a huge

turn-on'

It was getting light outside as, eventually, I straddled him, his deft fingers sending me crashing headlong into an enormous orgasm. Afterwards, both panting and slicked with sweat, we collapsed onto the bed. Toby fell asleep almost

> immediately, but I lay awake, barely believing what had just happened.

I woke up just a couple of hours later. Nudging Toby awake, he lent me a pair of his shorts, as mine were ruined. He kissed and hugged me goodbye and promised to call as I snuck downstairs, where Emily was still awake and eating a bowl of Coco Pops. It felt so surreal, I almost laughed.

After that night, I saw Toby regularly - although the sex never quite matched up to that first, incredible night. We'd meet up three or four times a month, to watch films together and get a takeaway at his place, before I'd stay the night.

We got on so well – he has a dry, quick sense of humour, and we loved poking fun at each other - but

although I'd have loved it to be something more, I knew a few snatched moments were all he was prepared to offer me. He never took me out to dinner or anywhere we could be photographed. I think he was just lonely.

Once, after he'd invited me to his place, I arrived to see another girl coming out of his flat. I knew there were others, and I felt hurt – but although I sometimes wondered if I was setting myself up for heartbreak, the excitement was too much for me to be able to quit him.

The end came after nine months, when he'd just got back from a tour. I texted asking what he was up to and he replied, 'I can't see you any more, I've got a girlfriend.' It was hard seeing them together, splashed across the newspapers. But I managed not to be too bitter, or turn into a stalker I'd always known it wasn't forever.

Now, if I ever go and see the band, I'll text one of them, and they usually invite me for a drink afterwards. I've been offered a lot of money to kiss and tell, but it's not something I'm prepared to do. It's a chapter of my life that's behind me now. Although whenever I see Toby on TV, I still allow myself a secret smile at the things we did together...

IT GIRLS

Do you have blonde hair? You might want to have a read of this...

If you've got blonde or platinum hair - whether it's natural, highlighted or coloured - we're betting you're already aware of the challenges of keeping your colour looking salonfresh. Pro:voke Touch Of Silver, the specialist in blonde haircare, has an expert range of colour-enhancing products designed to help your blonde hair look its absolute best. Pro:voke Touch Of Silver contains active violet pigment that evens hair tone by neutralising brassiness and preventing dulling yellow tones, so you get the brightest results in town in just one wash. Brilliant!

#### 3 steps to happy hair

Pro:voke Touch of Silver's new three-step regime is the easiest way to get brighter, more evenly toned hair

Start by applying Pre-Toning Primer on wet hair and comb it through from root to tip. It works by smoothing down the hair's cuticle, creating the perfect foundation for an all-over even tone.

Apply Brightening Shampoo yep, the one with the active violet pigment - and leave it on for five minutes before rinsing it out thoroughly. Nice one, you've just guaranteed visibly brighter results in just one wash!

For a silky-smooth finish, follow with Intensive Conditioner - it contains a keratin complex and targeted proteins to repair the hair, leaving it healthier and stronger.













"Touch Of Silver instantly brightens and enhances your colour, as well as eliminating those brassy tones."

LARRY KING, HAIR STYLIST

#### BRIGHT IDEAS...

Not all the myths about blondes are necessarily true, but we can confirm that they definitely have more fun! Go to on.cosmo.uk.com/TOSilver to watch an amazing video on being your best blonde yet.



Why do men settle down when they do? Dominic Utton has a confession to make on behalf of his fellow males...

et me tell you a little secret. It's not because we're in love with you that we want to spend the rest of our lives with you, have babies and grow old together... it's not for the tax breaks, or for help getting a mortgage, or because we need someone to show us the benefits of no longer living like a student. It's not even because having someone to have sex with every day seems pretty cool.

Well, it *is* all these things, but it's something else too. Something most men will never admit to. We propose because we wake up one day, realise we're losing our looks and think, 'I need to bag her quick,

before she realises she could do better? It's not exactly a mid-life crisis – more a mid-wife crisis.

It used to be that marriage

was a duty for us: a means of fathering children and ensuring the bloodline continued. And then getting married became like getting a steady job: a rite of passage that signified the end of youth and proved you were a grown-up. Sometimes people even married for

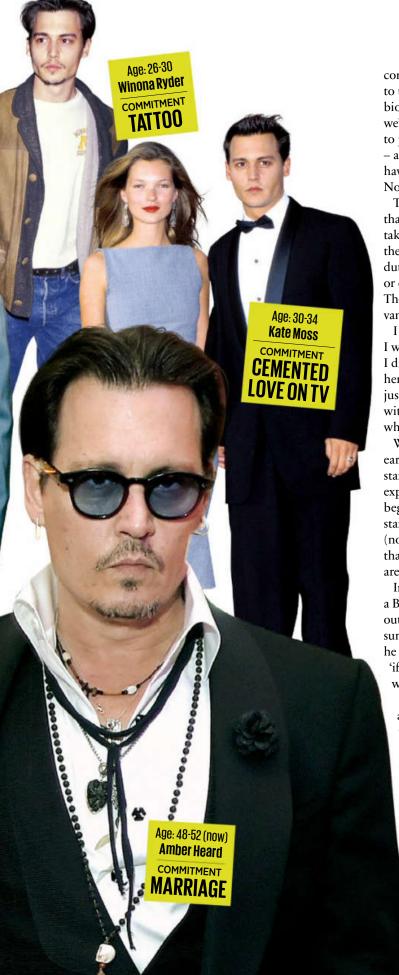
Traditionally, there's a moment in every relationship: the 'commit or quit' stage. You either take it to the next level – or you decide there's no future and both move on. And equally traditionally, men have always been

love. And now? We marry

because, basically, we panic.



OTOGRAPHS CAPITAL PICTURES, GETTY IMAGES, GOFFPH



completely impervious to this moment. With no biological clock ticking, we've always been happy to just carry on as we were – and it's women who have had to force the issue. Not any longer.

The mid-wife crisis means that it's men who are taking the initiative – and their reasons are not about duty, or being a grown-up, or even love so much. They're about selfishness, vanity and insecurity.

I proposed to Heidi when I was 32. And of course I did so because I loved her... but I'd have happily just continued going out with her indefinitely. So why get married?

When a man reaches his early thirties, strange things start happening. The waist expands. The hairline begins to recede – and hair starts to grow in odd places (nostrils, ears). Some of that hair may be grey. Teeth are no longer so white.

In the same year there was a Bruce Springsteen song out: "The girls in their summer clothes, pass me by," he sang. 'Christ,' I thought, 'if they're passing Bruce by, what chance have *I* got?'

And then I looked again at Heidi. And I thought – perhaps for the first time – 'Why is she with me?' She was gorgeous, funny and clever. She could have men queuing up for her. Sure, she still fancied me then... In 10 years? In five? This time next year? What if I was bald? What if my tummy became a

pot belly... and then a full-on beer gut? What if she started noticing this hair I kept finding in my ears?

And from the seeds of self-doubt a plan formed... a plan that ended on bended knee.

Even the most eligible bachelors experience the mid-wife crisis. Take Prince William. As a handsome young man he appeared to be in no rush to marry whatsoever – and then the moment he started turning into Charles – boom! Waity Katy became the Duchess of Cambridge.

The simple truth is, men have never before been so vain – or so insecure. Over £2billion worth of male grooming products were sold across the European Union last year. We've never spent so much time and money trying to look good.

All of these products – the lotions, moisturisers, balms and serums – they're all about us men trying to hang on to the looks of our youth. And the moment they don't become enough is the moment we have to chuck in the towel, quit the single life and settle down.

When I proposed a decade ago, I like to think I was a pretty good catch, looks-wise. Ten years later, I'm... not as good-looking as I used to be. And I'm also not as upset about my thinning hair, increasingly dodgy teeth and lack of six pack as I would be if I was still single. Who cares if the girls pass me by now? I'm married to a beautiful woman already. •

### This month we'll be...

... planning the ultimate dinner party. Cosmopolitan's SOPHIE GODDARD shows us how



#### The drinks...

Nobody wants to waste time preparing elaborate cocktails when your best friends are hanging out in the living room. So I solve that particular problem by serving Baileys Chocolat Luxe over ice. Fusing Baileys with real Belgian chocolate, it's the tastiest no-fuss treat. Gorgeous bottle too...



#### The music...

Not everyone shares my love of sweary rap. So the playlist will include Foxes' Better Love and Kimberly Anne's Bury It There. But no tinny beats at this party – I'm obsessed with my pint-sized but versatile Polk Boom Swimmer Bluetooth speaker (£49.95 from Boommovement.com). You can mount it anywhere and it's waterproof!

#### The guests...

In a dream world, it'd be Helena Bonham Carter, Tupac Shakur, Tom Hardy and David Attenborough. Given that's unlikely to happen – one of them's dead and the other three haven't got back to me yet – I'd settle for a mix of my 'work' and 'home' friends.



#### The food...

This summer I went to Ibiza's coolest restaurant, Bambuddha in Santa Eulalia del Rio. The atmosphere was great, but the real magic came from chef Alejandro Arquero Martinez. I'd recreate one of his classic sharing plates with an Asian twist: 24-hour slow-roasted lamb, with plenty of cinnamon, turmeric and chilli. I'd dish it all up using Jonathan Adler's amazing gold Keytlery cutlery (£336 for 24-piece set) and his Jackson gold-flecked dinnerware (from £32). For dessert, I'd serve a Crumbs & Doilies Unicorn cake (£95 for 10-inch cake, from Crumbsanddoilies.

co.uk). No baking involved – bonus.

#### The vibe...

Dinner parties need candlelight. Jo Malone's Dark Amber & Ginger Lily (£50, Jomalone. co.uk) looks swanky and smells incredible. And no party is complete without selfies, so I'll hook up my Polaroid Zip Instant Mobile Printer (£109.99 from Amazon.co.uk) to my iPhone via Bluetooth. This dinky printer is small, light and portable – and it lets you print souvenir snaps from the night on glossy paper or even stickers. Genius.

# SEXUAL HEALING



Laist

Cosmopolitan's sex psychotherapist RACHEL MORRIS tackles your most intimate issues

#### Am I having orgasms?

I'm 27 and I'm not sure if I have orgasms. I get a build-up but it peters out, then I'm too sensitive to carry on. My boyfriend thinks I am climaxing but have very weak orgasms. Is that possible? And how do I make them stronger?

Yes and yes. The clitoris is a substantial (mostly internal) muscle that tenses (hardens) when it's turned on – the greater the tension, the stronger the orgasm. Think of it like a wind-up mouse - if you only give the mechanism two turns, it's not going to travel very far. If you want to experience more of a bang than a whimper, you need to learn how to wind yourself up tighter. The key is in your brain reading (or even writing) erotic fiction will help to build fantasy, the cornerstone of female sexuality. Take your time - most women need 20 minutes of foreplay to reach orgasm. Use lube and strengthen your pelvic-floor muscles for good measure.



#### I'm scared I'll sleep around

My six-month relationship just ended and I'm scared I'll go back to how I was before. I drank and slept around a lot, mainly one-night stands (30+ that I can remember). Maybe you won't think that's a lot but I'm only 22. I'm so ashamed – no one else knows the truth.

The numbers don't worry me but your fear, sense of powerlessness and shame do - the signifying triad of addiction. I wonder if you've acted out sexually while sober or whether the one-night stands are purely a consequence of drinking? Either way, it will get worse if you do nothing. Shame is destructive: it's like a virus eating away at self-worth until all we feel we deserve is the worst we can throw at ourselves. Stop drinking for a month and see if you have more control. If you can't stop, get help. Ask your GP to refer you for counselling - don't try this alone. Look at the alcohol-support section of Nhs.co.uk.

**HE WANTS TO KNOW** 

#### What's wrong with watching porn?

girlfriend asked me if I watched porn and if so, what kind and how often. I refused to say but she wore me down, then got upset about me "cheating on her in my head" and won't let me near her. But it's not wrong, is it?

Don't focus on right and wrong. Sure, you've done nothing wrong, but she shouldn't have to apologise for hating it either. Many of us feel that way - mainstream porn objectifies women. Listen to her and reassure her she's the real 3D-deal, while porn is merely a series of cartoonlike images to fill the gaps in your imagination.

#### Depression medication kills my sex drive

My boyfriend and I have been together for a year and sex is the foundation of our relationship, but I suffer from depression and my antidepressants kill my libido. Are there any I can take that won't?

There are medications designed to offset the side effects of antidepressants on libido, which you can talk to your GP about, but depression itself has a tendency to dampen ardour. Sex may have been the thing that brought you together but it's unlikely to be what keeps you together. It only stays sexy if there's a foundation of mutual respect, love and trust. Have faith. Depression is only one of many reasons a couple might experience a dry spell - stress, illness and bereavement can turn an oasis into a desert. If he lost his libido, would you stop loving him?

#### Have a question for Rachel?

Email rachel@cosmopolitan.co.uk

# Because sometimes life is stranger than fiction



I'd arranged a date with a guy but realised I wasn't that keen and decided to cancel, so I texted him saying, 'Sorry I can't make tonight, I'm knackered.' Only my phone changed it to, 'Sorry I can't make tonight, I'm naked'. Weirdly, I never heard from him again...

GENEVIEVE, 27, HOTEL

RECEPTIONIST, LONDON

**BURNING DESIRE** 

After being apart from my now-ex for a week, I was keen to get him back to mine to 'catch up'. When his phone rang, I cancelled it, saying whatever it was could wait. Turned out it had been the fire brigade, who'd called because his flat was actually on fire. Oops.

LAYLA, 34, BRAND SPECIALIST, OXFORD

#### CAT SPAT

After months of arguing, my girlfriend Vicky and I had the 'We need a break' talk, then she left to stay with her mum. Two minutes later, the bell rang. It was her – but she wasn't there to patch things up; she was cradling my cat, who she'd accidentally run over (luckily it was OK) while reversing out of the drive. ROB, 32, CIVIL SERVANT, WILTSHIRE

#### **COMPLETE ANIMAL**

YESTERDAY MY
OWNER TOOK ME FOR
A WALK IN THE PARK
AND I BIT A JOGGER
ON THE BUM AS HE
RAN PAST. I COULDN'T
HELP MYSELF - GOD,
I'M SUCH A CLICHÉ!
HEY, AT LEAST HE
WAS FIT... GRRR!

BRUCE, 11 MONTHS, MAN'S BEST FRIEND, LONDON



I worked for a DANCING company that produced The Only Way Is Essex, and was a long-time fan of Gemma Collins from the show. So, during a wrap party, I decided to try and impress her with my dance moves. As I squatted to my lowest extent, the crotch split in my trousers - I guess Primark chinos aren't built for X-rated dance moves with C-list celebrities. All I could do was staple them back together. The shame! **ADAM, 32,** TV

PRODUCTION, ESSEX

#### YOU'RE AN EMBARRASSMENT

Working at a festival VIP bar, I spotted Suggs from Madness, so I called my ex - a music journalist - to tell him I could score an interview. He was keen so I strode over, only to slip face-down in front of Suggs... who gently patted my head as he stepped over me.

MARIA, 24, MODEL, LONDON

#### **CLUB CATASTROPHE**

While celebrating my friend's birthday, we all climbed on the bar to dance, which turned out to be a very bad idea in heels. I hadn't even had a drink, but somehow managed to slip off and fall spectacularly to the floor in front of the entire club. Then, to add insult to injury, the bouncer asked me to leave because he thought I was so drunk. Awful.

CHARLOTTE, 20, STUDENT, KENT

FISHY BUSINESS MY EX NEVER TOLD ME SHE WANTED TO END THINGS. BUT I FIGURED IT OUT PRETTY QUICKLY WHEN I DISCOVERED ANCHOVIES ALL OVER MY BEDROOM. THEY WERE EVERYWHERE - IN MY UNDERWEAR, GUITAR, SHOES... UNFORTUNATELY, I CAN'T SAY IT WASN'T DESERVED - I'D BEEN CHEATING, AND SHE OBVIOUSLY FOUND OUT...

BENEDICT, 29, ACCOMMODATION WARDEN, EDINBURGH

#### Indulge in Real Belgian Chocolate and Baileys®



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drinkaware.co.uk for the facts







Lie down, loosen up and get your paper knickers on — we've road-tested the country's most luxurious spas (hey, it's a tough job) and scored some amazing deals, just for you...

#### THE FLOATING SPA Elemis Spa at the Sunborn London Yacht Hotel (Sunbornhotels.com)

GO BECAUSE Until you can afford to charter a yacht, this is the next best thing. We're talking 420ft of super-yacht in London's Royal Victoria Dock. If you're hoping for all the standard bells and whistles (pool, sauna, steam room...), this might not float your boat – it consists of just two treatment rooms. But that doesn't detract from the expert menu that focuses on massages and skin treatments.

**IF YOU BOOK ONE THING** The Elemis Deep Tissue Muscle Massage, (£75 for an

hour). There are massages... and then there are muscle-melting, stress-evaporating *massages*. This one is most definitely the latter.

while You're There Take in the lit-up city skyline over dinner in the boat's Lands End restaurant, followed by cocktails at the Sundown Bar. Then, when you're done, catch a cable car over the river - the view is pretty wow up there.

READER OFFER Enjoy 20% off all treatments (including that deep-tissue number), plus a further 10% off accommodation.



# Women's Health



# THE HOT BODY CREW MEET THE NEW MEMBER...

NOVEMBER ISSUE ON SALE NOW



#### THE LIFE-CHANGER SPA The Spa at Gleneagles Hotel, Perthshire (Gleneagles.com)

**GO BECAUSE** A visit to the ESPA Life wellness centre at Gleneagles goes more than skin deep: its personalised programmes try to tackle problems such as stress, sleep issues, fatigue and fertility by mixing classic spa treatments with holistic therapies, acupuncture and personal training. If that's not your bag, there's also a traditional spa with a sauna, steam room and indoor garden. Oh, and Michelin-starred food, stunning scenery and championship golf courses.

**IF YOU BOOK ONE THING** Make it a personalised four-day programme, starting at £649. Not cheap, but, you get a lifestyle assessment, complementary therapies, dietary advice, a fitness consultation and more.

WHILE YOU'RE THERE Play a round on one of the hotel's famous golf courses. (Even if you've never held a club, it's hard not to get sucked into the history, and nobody will snigger if you sidle back to the sauna after three holes.)
READER OFFER Get 15%-off vouchers for the Spa Escape or Daytime Indulgence packages, plus a complimentary fruit smoothie or glass of prosecco on arrival.



#### THE SWITCH-OFF SPA

SenSpa at Careys Manor Hotel, Hampshire (Careysmanor.com)

GO BECAUSE After just 24 hours, the epic hydrotherapy facilities at the SenSpa will make you feel like you've had a week away. Float between the massaging bubble jet pool, the herbal sauna (ves. that's a thing) and steam rooms, the Roman-bath-inspired relaxation room and - if you can hack it - the ice chamber. The relaxation class, fusing t'ai chi with yoga and Pilates postures, might sound a teensy bit Ab Fab, but it's brilliant: no sweat, just more serenity. Full-body massages start at £97 and there are facials from £78.

**IF YOU BOOK ONE THING** Have an Essential Relaxation Massage, from £68 for 45 minutes. Basically an expert Thai massage without the £700 plane fare – or fragrant backpacker clientele.



WHILE YOU'RE THERE Soak up the scenery of the nearby village of Brockenhurst in the New Forest. Whether it's spotting deer during a run or enjoying birdsong on a morning stroll, you'll leave feeling quite magnificently Springwatch. READER OFFER Get a

complimentary room upgrade and a bottle of prosecco on arrival when you book the New Forest Dining Break package, from £109.50 per person. Win-win.

#### THE COMMITMENT-PHOBES' SPA

Weaver's House Spa at The Swan, Lavenham (Theswanatlavenham.co.uk)

GO BECAUSE Instead of pre-booking treatments, you can bag a time slot and decide what you fancy on arrival. The spa is impressive and you'll zone out in the relaxation room. There are heated water mattresses, smoothies before your treatment and macarons, sorbet and herbal tea after, plus sauna, hydrotherapy pool and steam rooms. Finish the day at The Swan pub next door – every bespoke cocktail comes with a free Temple Spa product. IF YOU BOOK ONE THING I'll Be Back, £50, is 45 minutes

**IF YOU BOOK ONE THING** I'll Be Back, £50, is 45 minutes of unapologetic back seduction. A mud mask, exfoliation and massage make perfect party-season prep.

WHILE YOU'RE THERE Visit Lavenham's De Vere Cottage, Harry Potter's film birthplace. If only Voldemort had had access to massage facilities, it might all have turned out differently...

READER OFFER Get a free mini-treatment with any booking of 60 mins or more, plus a £75 spa gift set. >



#### Play





#### THE TECH SPA The House of Elemis, London (Elemis.com/house-of-elemis)

**GO BECAUSE** Elemis' flagship spa – once a womb-like, faux-Balinese den – is a bright, airy space where touch and technology get equal billing. 'Biotec' facials and personalised body treatments feature galvanic currents, light therapy, plant-powered potions and intuitive massage by elite therapists. There are facials from £95 and body treatments from £50, while veggie juice that complements your chosen option – created by Sam Smith's favourite nutritionist, Amelia Freer – comes as standard. Beauty from the inside out, indeed.

**IF YOU BOOK ONE THING** Hot Mineral Body Boost, £155 for 75 minutes, is a face and body massage on a tilting bed of amber and quartz crystals that mould and heat around the body. Sayonara, toxins.

WHILE YOU'RE THERE Make a pitstop at The Speed Spa for a Nails Inc mani, HD Brows shape, eye de-puff or hot-stone power massage, from just £20.

READER OFFER £10 off any 30-minute treatment at The Speed Spa.

\* To book spa offers and for full terms and conditions, visit Cosmopolitan. co.uk/pamper time2015

#### THE CITY SPA

The Spa at The Midland, Manchester (Qhotels.co.uk)

GO BECAUSE Manchester wins when it comes to restaurants, bars, culture and shopping – so The Midland is a welcome retreat if those delights take their toll. Full-body massages and facials start at £65, and the relaxation room is a highlight – we love the tents that swing gently from the ceiling. It's like being in a cosy, cushioned nest; in fact, we'd like something similar in the office, to be honest. Be warned: it's hard to stay awake in there (which is something we had zero problem with).

IF YOU BOOK ONE THING A Back, Face and Scalp treatment, £75 for 85 minutes, leaves muscles knot-free.

WHILE YOU'RE THERE Swing by Bonbon Chocolate Boutique – 10 minutes' walk away – for the city's best hot chocolate and home-made truffles. Because cocoa is a mood and mind booster, right?

READER OFFER Get 25% off the Escape Spa Day: a 50-minute treatment, lunch or afternoon tea, and a glass of champagne.





#### THE SUN-LOVER'S SPA

Mill Wheel Spa at The Three Horseshoes Inn, Staffordshire (3shoesinn.co.uk)

GO BECAUSE The facilities at this family-run inn are quintessentially Peak District beautiful. There's a millwheel shower (basically a giant wheel that dumps warm water over you. Trust us, that's a good thing), you can sweat it out in the hot-stone bath or take a dip in the icy plunge pool. (We lasted 20 seconds, with a stream of swearing.) There's an outdoor hydrotherapy pool too, which is even nice in the rain!

IF YOU BOOK ONE THING Visit The Beach Hut, £12 for 25 minutes, especially if this year's holiday was non-existent. It involves listening to waves and lying on warm sand while the room goes from sunset to sunrise and back again, with no risk

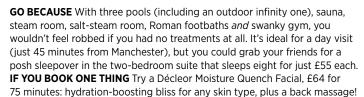
of dodgy tan lines.

WHILE YOU'RE
THERE Get involved
with the triplecooked beef-dripping
chips at The Stables
Restaurant.

READER OFFER 25%
off all spa breaks
(garden rooms come
with a private hot
tub), plus a bottle of
prosecco on arrival.

#### THE TICKS-EVERY-BOX SPA

The Woodland Spa, Burnley (Thewoodlandspa.com)



WHILE YOU'RE THERE Ask for a seat next to the floor-to-ceiling windows at Bertram's adults-only (no, not like that) restaurant – the views of Pendle Hill are beautiful even on a grey day.

READER OFFER Enjoy the Winter Warmer Spa Break – a 20-minute treatment, use of the thermal suite, a three-course dinner and one night's accommodation, with breakfast – for just £118 per person. ◆



#### ALL THE FRESHNESS YOU COULD WISH FOR

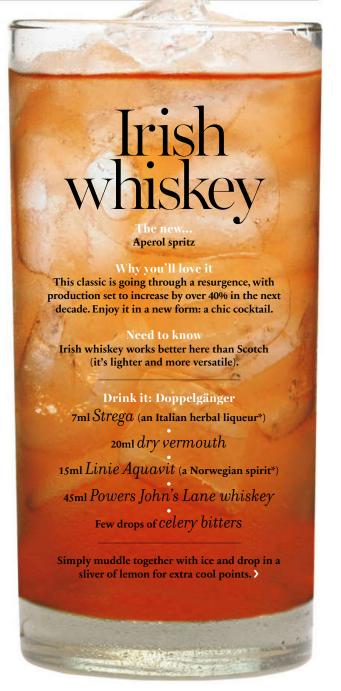
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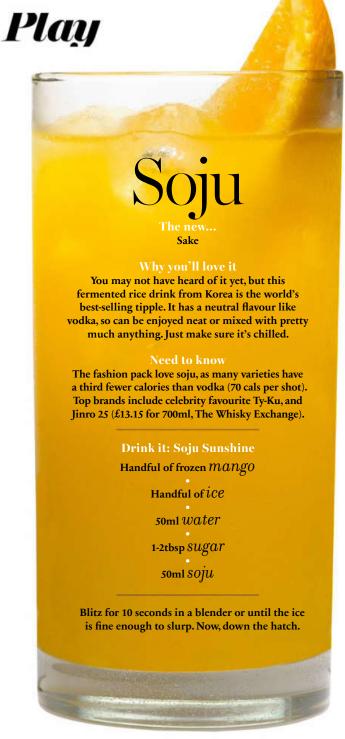


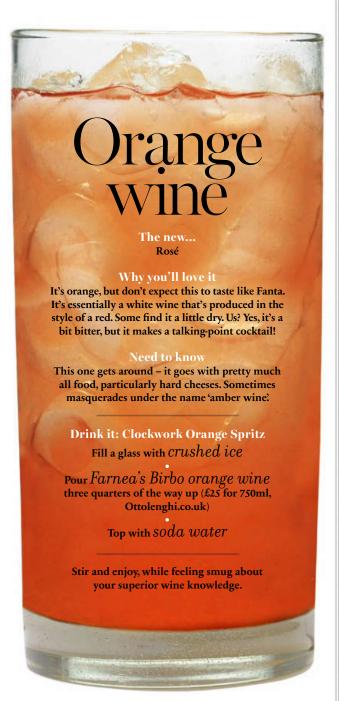
# Make mine a...

A woman walks into a bar and orders a bottle of orange wine, a Mezcal Margarita and a soju. Confused? Us too. That's why it's time to get clued up on the next big things in the beverage world. Glasses at the ready...









#### $5 of the best home bars {\tiny Because \ everyone \ has \ an \ inner \ Don \ Draper...}}$



The minimalist one £350, Oliver Bonas



The luxe one £599, Marks & Spencer



The retro one £153.99, Wayfair



The sleek one



The cool one £424.99, DrinkStuff •



pieces or Belgian chocolate chunks.









An evening of Baileys, beauty treats and a goody bag sound OK? Thought so...

obody enjoys the pressure of having to organise a Friday night out with the girls, so, together with Baileys, we've arranged the mother of all cocktail parties just for you\*.

Because you deserve a killer night out, we're throwing an evening to remember for the price of a couple of rounds of drinks (£35 - and you get to take home a goody bag worth more than the ticket price). We'll be serving Flat White Martinis, holding cocktail-making classes, and dishing out canapés and pampering treats to our lucky attendees.

So book your tickets and prepare to get in the party mood with our live DJ and a #flatwhitemartini.



Join us!

WHEN

Friday 20 November, 7-10PM

WHERE

A central London

**TICKET PRICE** 

то воок

Cosmopolitan.co.uk/

\*Attendees must be over 18

drinkaware.co.uk

for the facts



#### Angela Hartnett's SPAGHETTI PUTTANESCA



It's a brave woman who works under Gordon Ramsay and emerges unscathed (and clean mouthed) – but, in her two decades in the business, Angela

Hartnett has risen from protégée to Michelinstarred patron of London's Murano, and Café Murano. Here, she gives you her luxurious take on spaghetti puttanesca (literally, 'whore's spaghetti' – just don't tell anyone!)

#### **INGREDIENTS**

- \* 2tbsp olive oil
- \* 2 garlic cloves, crushed
- \* 400g tinned tomatoes
- \* 6 salted anchovies
- \* 2 pinches dried chilli flakes
- \* 20 capers
- \* 350g dried spaghetti
- \* 10 black olives, chopped
- \* 2tbsp chopped flat-leaf parsley
- \* 50g Parmesan, grated

#### **METHOD**

Heat the olive oil in a pan. Add the garlic and sauté until soft but not brown. Tip in the tomatoes and cook for 10 mins on a low simmer. Add the anchovies, chillies and capers, and simmer for a further 5 mins. Bring a large pan of salted water to the boil. Add the spaghetti and cook according to the packet instructions, until al dente.

Drain the pasta, put it back in the pan and toss with the tomato sauce, olives and flat-leaf parsley. Finish with freshly grated Parmesan, if desired, and serve immediately. *Bellissimo!* 





#### Wizard Wi-Fi connected appliances - stay in touch with your home wherever you are

For the family that's always on the go, comes the first full family of Wi-Fi connected appliances.

The Wizard range from Hoover allows you to manage home life wherever you are via your phone or tablet, so you spend less time doing what you need to do and more time connected to what really matters.

Discover the convenience of connectivity at hooverwizard.com





#### Play

#### ESIG DOUBLES Impress in the kitchen (without lifting a finger) with these luxurious additions

#### **BLOWOUT**



#### **BUDGET**



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# STARS

Find out what the month has in store with Cosmopolitan's astrologer JESSICA ADAMS

#### Scorpio 23 OCT-21 NOV

After waiting so long you'll get the right home, family or flatmate outcome. A person you admire will take an interest in your success. A man's attitude at work finds other men switching off; you can help. If single, he may become a date.

#### Sagittarius 22 NOV-21 DEC

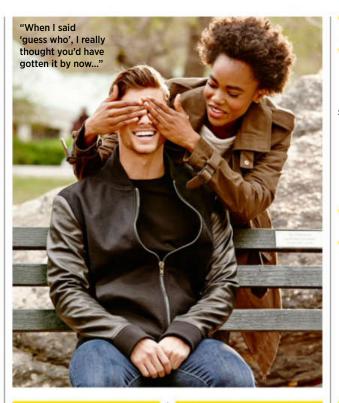
Finding an alternative venue for a big event works well. Ask why a shallow person is now in the deep end; the answer helps you fix an old issue. Amazing chances to win over media people emerge. And a vintage bargain is worth it.

#### Capricorn 22 DEC-19 JAN

Tweaking your online profile attracts a man you lost touch with. A female will play wing woman, and show you how it's done. A man who can't cope will let you take over and you'll win *him* over. Snap up a great camera or phone deal.

#### Aquarius 20 JAN-18 FEB

Don't push yourself just because someone else is. Wonderful business ideas are worth snapping up. An unused room could become your dream work space or sleepover venue. Sketch out an 'impossible' plan – it may work!



#### PISCES 19 FEB-19 MAR

That shy man is a good bet for a friend – not you. Fab financial solutions come from an alternative bank. The answer to a prayer about home or family is worth waiting for. And do pursue the big-personality woman for a solution.

#### Aries 20 MAR-19 APR

You'll drop the act at work and see a woman change for the better. Ask yourself why plans have been cancelled for a dream European destination. And enjoy an incredible wave of change in an industry or profession you believe in.

#### Taurus 20 APR-20 MAY

You'll take a risk and see the benefits, even if a sport or interest seems beyond you. Men who don't understand what you do for them at home or in the family will wake up. A new direction in body or fitness will take over part of the month.

#### Gemini 21 MAY-20 JUN

Be aware of changes in the financial or business plan you abandoned. A woman will have second thoughts about a decision affecting your family. Men who earn more than you may not necessarily be worth more; a female makes that clear.

#### Cancer 21 JUN-22 JUL

Ride out the storm with a new beginning – it's the right one. A group with no strong leader will tempt you to take over. Find out why you've been left off a long shortlist. And enjoy seeing what's possible when you allow yourself praise.

#### **Leo** 23 JUL-22 AUG

Huge efforts finally land you the goal you've been dreaming of. Competitive people are best left alone as you're on your own path. Work out how you could get a better deal by asking the opposition. And enjoy a new animal connection.

#### Virgo 23 AUG-22 SEP

A man who's like a brother pushes you forward. You gain when others suggest alternative holiday or weekend plans. The solution for a difficult woman is most effective if you tell her straight. And good news comes via an old partner.

#### Libra 23 SEP-22 OCT

Sort out the randomness with friends that happened two months ago. At work your best bet is to fake it until you make it. A platonic friend makes sense of an impossible love situation. And you'll break with a dodgy financial scenario.

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#### Your autumn essentials



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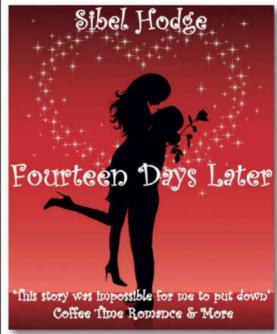


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#### Meeting the parents

(hereafter referred to as the Girlfriend) and This is an agreement between \_\_\_

(hereafter referred to as the Parents; Parent 1 [male] and Parent 2 [female]), to express the terms of their first encounter.

The Girlfriend will ensure she spends £150 on a wrap dress she'd never usually wear, in order to look 'appropriate'. On the day, she'll realise it gapes when she leans forwards, forcing her to forage for a clean(ish) cami. This will trigger the realisation that she'll never be a grown-up woman who owns camisoles and has clean pants left on washing day. Appendix: During this crisis, the Partner will avoid phrases such as, 'Hurry up, my parents won't care what you wear.'

**O** GREETING THE PARENTS

On introducing herself, the Girlfriend is obliged to attempt to kiss Parent 1 on both cheeks, just as he offers his hand for a handshake, resulting in an ungainly clash of bodies and faces. She will compound the above error by offering a handshake just as Parent 2 attempts a kiss.

**Q** GREETING THE DOG

The Girlfriend must embrace the family dog, regardless of its size, breed and odour. All parties accept that Failure To Bond With The Dog could result in a premature end to the relationship.

**DIETARY REQUIREMENTS** 

The Girlfriend must claim to have no dietary 'issues', so as not to appear fussy. She must accept that Parent 2 will have cooked the one thing she really hates, eat it without pulling her Bad Face, and accept more if offered.

**TABLE MANNERS** 

The Girlfriend is obliged to copy the Parents' table manners, even if she's handy with a lobster picker while they hold their knife like a pencil – or vice versa. Failure to do so may result in her being labelled 'a bit of a madam' or 'not of quality stock' in post-Meeting analysis. **OBLIGATORY CONVERSATIONS** 

- The Girlfriend MUST mention the following: (i) The notable youthfulness of Parents 1 and 2, expressed via a violent 'NO!' on first hearing their age.
- (ii) The notable moistness of Parent 2's chicken/cake/face.
- (iii) The notable prowess of the Partner when holding babies/cooking/doing DIY.

THE AWKWARD SILENCE

All parties agree that there should be at least 1 (one) silence that lasts slightly too long during the Meeting. The Girlfriend is obliged to break this silence by saying, 'Mmm. This is delicious'.

O DAD JOKES

Parent 1 is obliged to make 3 (three) terrible jokes. At least one should relate to something sexual directed at the Girlfriend, which the Partner will brush off as, 'Just Dad being Dad. The resultant row must not take place until at least 1 (one) hour after the Meeting has concluded.

**PROHIBITED SUBJECTS** 

It is understood that no party should refer to weddings at any point during the Meeting. It is also understood that Parent 2 will break this rule before covering her mouth, saying, 'Oops!' and smiling in a way that suggests it wasn't entirely accidental.

**POST MORTEM** 

10 Following the Meeting, acceptable comments from the Partner include: 'Everyone loved you,' 'My parents think you're lovely' and, 'I knew you'd get on with my mum?

Appendix: All agreements are null and void if the Girlfriend criticises the Parents in any way (regardless of justification).

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